

Sports pg 16

Luongo beat by Isles' Pictou County goalie



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HALIFAX • TUESDAY NOVEMBER 18 2008

metronews.ca

Celebrity Buzz



Lohan looking to leave Ronson?

pg 22

Mount Uniacke homes without power after crash

OUTAGE About 300 households were without power throughout most of the day yesterday after a vehicle hit into a power line pole near Mount Uniacke.

Power was lost to residences at about 10 a.m., with Nova Scotia Power expecting to have things back up and running by 7 p.m. last night.

PHILIP CROUCHER/METRO HALIFAX

Local pg 3



Conditional sentence for shaking baby

Comment pg 5

Signs point to a quieter Parliament

Health pg 15

Solutions for dry winter skin



Music pg 18

Singer Serena Ryder's new album is A-OK



A 27-year-old Halifax woman was struck and killed yesterday by a dump truck on Sackville Street.

Pedestrian killed

Dump truck hits 27-year-old woman crossing street

LINDSAY JONES
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A female pedestrian was killed Monday morning after she was hit by a dump truck downtown Halifax.

Police say the 27-year-old Halifax woman was crossing Barrington and Sackville Streets just before 10:30 a.m. when she was struck. The woman was pronounced dead at the scene.

The dump truck, driven by a 50-year-old man, was headed south on Barrington Street when it turned right onto Sackville Street and ran over the woman, regional police spokesman

"It's much too early to say whether anyone will face charges, whether she was in the crosswalk walking with the light or against the light."

Const. Jeff Carr

Const. Jeff Carr said.

A witness told CTV news that the woman was leaving Tim Hortons with a sandwich and milk when she was struck and rolled under the truck while crossing the street. Another witness said the hand on the traffic light was flashing. Police interviewed witnesses, but no charges have been laid.

"It's much too early to

say whether anyone will face charges, whether she was in the crosswalk walking with the light or against the light," Carr said.

More than a dozen people stood on the sidewalk in the drizzle yesterday to watch the investigation.

Some people working inside nearby businesses were shocked and upset.

Tim Hortons closed its blinds on the windows fac-

ing Sackville Street so its staff and customers wouldn't have to see the scene.

Frozen Ocean, a clothing store on the corner of Sackville and Barrington streets, closed for a little while after the accident. A woman working at the shop said she was too upset to talk.

The woman's body was covered by a tarp near the rear left wheel of the dump truck. Her body was taken away at about noon.

Part of Sackville and Barrington streets nearby remained closed to traffic until 2:15 yesterday.

Police are not releasing the woman's name until all of her family is notified.

Canadians shopping more in cyberspace

INTERNET Online shopping in Canada rose dramatically in the past two years, according to Statistics Canada, but at least one survey shows that trend could reverse this holiday season.

Canadians spent \$12.8 billion online in 2007, the federal agency said yesterday — a 61 per cent increase over 2005. Sales volume also grew 40 per cent to 69.9 million items.

The number of Canadians aged 16 and over who shopped online grew to 8.4 million. They now account for 32 per cent of that age group, up from 28 per cent two years ago.

The trend didn't surprise Jim Okamura of retail consulting firm J. C. Williams Group Ltd.

"We've clearly been seeing this growth happening," Okamura said in a phone interview from Chicago. Consumers are getting more comfortable with the idea of shopping online and more retailers are competing in the online space, he said.

However, there are signs online spending is slowing along with other forms of shopping, another victim of the financial and economic malaise gripping the globe.

Online behemoths Amazon.com and eBay lowered their fourth-quarter financial forecasts last month, citing slowing consumer spending in the U.S., their biggest market. Both have sites in Canada.

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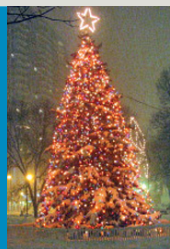
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Local



East Coast holiday greeting

When Bostonians look up at their Christmas tree this year, they'll have Craig and Marina Cook of Clementsve, Annapolis Co., to thank for it. The Cooks donated the 14-metre white spruce that will be sent to Boston as the annual thank you for its help during the Halifax Explosion.

METRO HALIFAX

Pickets at the Postie

Mail support workers go on strike to protect sick days

JENNIFER TAPLIN
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Something no one wants to see especially this time of year: A picket line outside of Canada Post outlets.

Support workers at Canada Post went on strike yesterday. A release from the Public Service Alliance of Canada said the workers are trying to protect their sick and family-related leaves. They voted 88 per cent in favour of strike action.

Workers picketed in Halifax, Dartmouth, Antigonish and Sydney yesterday as well as across the country.

Canada Post sent out a statement reassuring customers mail delivery wouldn't be affected by the strike.

The UPCE employees represent five per cent of Canada Post's 70,000 employees, mostly administrative and technical workers who don't handle the mail directly.



Mailroom worker Greg Smith walks the picket line at the Halifax mail processing plant yesterday after members of the Public Service Alliance of Canada went on strike.

No debt for province, but cuts are possible

PAUL MCLEOD
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After meeting with a group of top economists yesterday, Premier Rodney MacDonald is sticking with his promise to stay out of debt. But he wouldn't rule out spending cuts.

"I don't anticipate any significant changes to the direction we set in the spring. But again, we're part way through the year. The one thing I'm going to do is have a balanced budget this year," said MacDonald.

He said global market fluctuations make it impossible to rule out cuts by the end of the year to keep the province in the black.

MacDonald and Finance Minister Michael Baker met with several economists from Canadian Banks and the Atlantic Province's Economic Council yesterday. MacDonald said the economists said a deficit "would not be the worst thing that could happen."

But the premier said he

"I don't anticipate any significant changes to the direction we set in the spring ... The one thing I'm going to do is have a balanced budget this year."

Rodney MacDonald

views deficits as a slippery slope, and one or two years of debt can quickly become 20.

Both opposition leaders called on the government to release a financial update now. Liberal leader Stephen McNeil and NDP leader Darrell Dexter argued the government is waiting until December, after the legislature is sitting, to release an update.

But MacDonald refused, saying it wouldn't be fair to release an update "when we've only got half the picture."

Crime stats going down in Halifax

CRIME Here's a number you actually want to see down in Q3: Crime.

Halifax Regional Police say violent crime was down six per cent during the third quarter of 2008, compared with this time last year. There were 14 per cent fewer robberies and five per cent fewer assaults.

Break-and-enters dropped 28 per cent. There were seven per cent fewer cars stolen. Theft under \$5,000 dropped 15 per cent, while thefts over \$5,000 dropped eight per cent. METRO HALIFAX

School board unhappy with lunchroom fee ban

LINDSAY JONES
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New rules that would ban school boards from charging lunchtime supervision fees next year are not sitting well with the Halifax regional school board.

In a release, the school board said it's planning to oppose the new legislation during a law amendments committee meeting today.

The board says providing free lunchtime supervision to all students will be too expensive and too difficult to find enough lunch monitors.

"Taxpayers need to understand that this school board has a fixed budget that can not readily address a significant increase in lunch supervision costs," board chair Irvine Carvery

Carvery said.

The school board can't say how much extra universal lunchtime supervision will cost, saying it depends on the number of families who may want to access it.

The board says it's already struggling to find enough lunch monitors

willing to work for a few hours a day and the problem will only be compounded if the new legislation passes.

Right now, the school board charges \$200 to walking students and \$400 per

family to stay at school over lunch.

About 6,600 children take advantage of the program. The board collects \$1.3 million from the fees.

The government introduced the bill banning lunch fees earlier this month.

"Taxpayers need to understand that this school board has a fixed budget that can not readily address a significant increase in lunch supervision costs."

Irvine Carvery

Common space debate

LAND Council will decide today whether to give up the former Queen Elizabeth High School building to make way for another hospital expansion.

The city says selling the former Halifax Common land to the province will help pay for part of a land exchange for the site of a new central library on Queen Street.

But Peggy Cameron of the Friends of the Halifax Common says the land should be turned back into green space, according to the city's Halifax Common Plan. Cameron says this is

CDHA's view

• Capital District Health Authority spokesman Peter Graham said the future of the space is undecided, but will likely become a multi-purpose, health-care building. The site won't become a parking lot, he added.

one the largest opportunities the city has to get back park land.

"If people were aware of the value of green space in preventative health benefits, people might be less interested in building a build-

ing," she said.

Wayne Anstey, the city's deputy chief administrative officer of operations, said one of the conditions of the sale is to redevelop the Victoria General parking lot on South Park Street back into green space. The site was also formerly Halifax Common land.

"The overwhelming consideration with respect to the Common land is that it be for the public good. Open space is one possibility, but public hospitals are also for the public good," Anstey said.

LINDSAY JONES/METRO HALIFAX

Man gets minimum sentence for kiddie porn download

SENTENCING Fourteen days in jail are waiting for a man convicted of downloading child pornography.

Clifford James Cameron, 33, received a joint-recommended sentence of 14 days in jail (the minimum) plus a year probation. He will attend counselling and is not allowed on the Internet except for a few exceptions, and he is not allowed contact with children under 14

unless they are accompanied by an adult.

His lawyer Joel Pink said Cameron was abused as a child and downloaded the pornography because he was inquisitive, not to "get his kicks."

A task force in Newark, N.J., investigated a child pornography provider in Minsk, Belarus. As a result of the bust, they recovered the credit-card numbers of

several clients.

A credit card belonging to Cameron's mother turned up. Police searched her residence and then her son's.

"I'm fine dealing with this situation and getting help," Cameron said before his sentence was handed out yesterday.

He added he was relieved it happened when it did so he could get help.

JENNIFER TAPLIN/METRO HALIFAX

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Play online games at metronews.ca/play
Read Kenya Hunt's DIY tips for sprucing up a vintage wardrobe at metronews.ca/globalstyle.



Christmas concert aims to ring in spare change

Here's a great use for your pocket change. On Friday, Dec. 5, the Dartmouth All-City Country Girls' Choir and the All-City String Ensemble will put on a special Christmas concert. The price: spare change. It'll be at Steven's Road Baptist Church at 7 p.m. **METRO HALIFAX**

Mother 'disgusted' by sentence

Father who shook baby gets curfew, probation

JENNIFER TAPLIN
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A man convicted of shaking his three-month old daughter was handed a conditional sentence yesterday.

The mother of Michaelah Parkyn walked out of the courtroom in disgust soon after the sentence was announced.

Kevin Bernard Kosinsky, 44, was sentenced to two years of a conditional sentence and 18 months of probation. For the first year, he'll be under a curfew to be home between 7 p.m. and 6 a.m. He's also not allowed to come in contact with the mother, Karyn Wolf, or her family.

"I'm completely disgusted by it. I expected more," Wolf told reporters outside a Dartmouth courtroom yesterday.

"My child may never be

right."

A first-time father, Kosinsky was looking after Parkyn on Sept. 14, 2005. She was crying constantly because she was a colicky baby who was diagnosed with acid reflux.

Kosinsky called 9-1-1 before 6 p.m. and told police the baby had fallen off the couch. She was seizing for long periods of time and temporarily lost her vision.

Medical evidence — a subdural hemorrhage — conflicted with Kosinsky's story that the baby fell off the couch. Also doctors found a previous injury, a fractured rib, which indicates she was shaken. There was no evidence of who was responsible for the previous injury.

Last month, Wolf told the court that at 3 1/2 years old, Parkyn isn't potty trained and she has a hard time remembering



Karyn Wolf reads a book with her three-year-old daughter Michaelah Parkyn at their Dartmouth home yesterday. Michaelah's father Kevin Kosinsky was given a two-year conditional sentence yesterday for shaking her when she was three months old.

things.

The court also heard Kosinsky was raised in foster care after his mother died of cancer. Judge Flora Buchan said Kosinsky was the victim of emotional and physical

abuse in his formative years.

She said he's not a risk to the community and he has responded well to counselling.

It was no comfort to Wolf.

"The hard day is going to be when I have to explain this to her, why her father's not in her life, why she has the learning disabilities she has and why, in my mind, he got a slap on the wrist."

Grandma's view

• Grandmother Beatrice Shipley said she felt sad for Kevin Kosinsky when his sentence was read yesterday.

"I felt sad for Kevin because he's lost the most precious little thing I've seen in a long time. He'll never be able to see his daughter," she said.

"I just hope that if he ever gets in another situation like that he thinks twice."

But she said she has no sympathy for Kosinsky, just pity. She said he needs help desperately.

Shipley described her three-year-old granddaughter as a bubbly little girl who's in her own little world.

"She's not where she should be but in other ways she's very smart."

JENNIFER TAPLIN
/METRO NEWS

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SPCA lobbies for laws against dog fighting

PAUL MCLEOD
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LEGISLATURE Michael Vick might have gotten away with it in Nova Scotia.

Currently Nova Scotia has no laws banning dog

fighting. Yesterday the SPCA lobbied government to change that.

"Federal legislation is so weak right now that only, I believe one quarter of people who get charged are convicted," said SPCA board member Sean Kelly. Kelly said participants

can only be charged for cruelty to animals, but banning dog fights would make it easier to convict abusers.

The government seemed receptive, with agriculture minister Brooke Taylor saying he would work to see such laws put in place.

Ban cosmetic surgeries for animals, minister told

SPCA The government should ban cosmetic surgeries to animals such as cropping ears and declawing, the SPCA said yesterday to the law amendments committee.

SPCA spokesman Sean Kelly said veterinarians often refuse to do cosmetic surgeries like cutting tails

or removing vocal chords. That drives owners to do the surgeries themselves without proper anesthetics.

"If they did it themselves, that's cruel. I'm worried that within the (Animal Protection) Act they're going to try and find some way out of it,"

said Kelly.

"So if we just point blank make it all illegal, then we can charge them under the act."

Agriculture Minister Brooke Taylor said he'd need to study the SPCA proposal before making a decision.

PAUL MCLEOD/METRO HALIFAX

News in brief

SHOOTING Halifax Regional Police are investigating shots that were fired outside a Spryfield pizzeria at 4:52 p.m. Police say a 48-year-old man was originally thought to have been hit, but he actually was injured when he tried to avoid being hit by a number of gunshots. If you have information for police, call 490-5016, or leave an anonymous tip with Crime Stoppers at 1-800-222-8477.

WIRELESS High-speed Internet company Seaside Wireless Communications intends to erect a small structure on the Nova Scotia Agricultural College campus. The 29-metre pole will be constructed at 158 College Road in order to house one of 13 wireless Internet relays that will dot Colchester County by the end of 2009. The relay network is being constructed by Seaside Wireless Communications as part of

the company's mandate to provide high-speed Internet services to rural customers. The Sydney-based company is one of three that have been hired by the province to make Nova Scotia entirely high-speed connected by the end of next year. Seaside High Speed, a sister company to Seaside Wireless Communications, is responsible for the northern part of the province.

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Search crews braved rugged terrain yesterday to reach a plane crash on the British Columbia coast, confirming there are no more survivors of the accident that killed seven people Sunday. The lone survivor is recovering with cuts and burns in a Vancouver hospital. The cause of the crash was unknown. **REUTERS**

Canada



Mad cow case confirmed

The Canadian Food Inspection Agency confirmed its 15th case of mad cow disease since 2003 yesterday and identified the animal as a seven-year-old dairy cow born well after Ottawa banned feed practices thought to spread the disease. The group said no part of the animal's carcass entered the human food or animal feed supply. The cow was discovered on a farm in British Columbia.

REUTERS

News in brief

HEALTH Some 30 per cent of adult Canadians diagnosed with asthma do not actually have the disease, new research out of the University of Ottawa suggests. That means as many as half a million people across the country are misdiagnosed says Dr. Shawn Aaron, study author. **TORSTAR NEWS SERVICE**



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Quebec to pay for fertilization

After his government long insisted that infertility wasn't an illness and refused to pay for in-vitro fertilization treatment, Premier Jean Charest did an about-face yesterday.

Charest promised that if his Liberal party were returned to power in the Dec. 8 election, in-vitro fertilization would become a publicly funded medical service under Quebec's health-insurance plan.

Quebec's two opposition parties panned the \$35 million pledge as a copycat idea, too late in coming.

But for Charest, it's a plan that would place Que-

bec at the forefront in Canada of fully funded assisted reproduction, and boost the province's mini baby boom. The Liberals believe Quebec could see an additional 1,500 babies born each year through funded in-vitro fertilizations.

Under the new regime, the first two in-vitro treatments would be covered. After that, couples still needing treatment would be able to count on a 50 per cent tax credit, already in place.

A cycle of in-vitro treatment costs about \$5,500 in Canada plus up to \$4,000 for drugs used in the process. **TORSTAR NEWS SERVICE**



Jean Charest

James Blunt Metro guest editor



Singer James Blunt reads the copy of Metro Vancouver that he helped edit before performing at G.M. Place last night. The acclaimed musician was the guest editor of more than 100 Metro editions published yesterday around the world.

Throne speech to focus on economy

POLITICS Economic tough times are forcing the government to rewrite the script for tomorrow's throne speech, scrapping a "laundry list" of priorities in favour of a speech focused almost solely on the financial woes buffeting the nation.

The throne speech that Governor General Michaëlle Jean will deliver tomorrow at 2 p.m. will send a clear signal to MPs and the nation that the economy will be the "dominant" focus of the parliamentary session that resumes today.

TORSTAR NEWS SERVICE

Harper

• Harper yesterday held a conference call with premiers and territorial leaders to brief them on his weekend discussions at the G20 meeting.

ADVERTISING FEATURE

Philanthropy is no big mystery to woman

"I like to encourage people to think about others and do what they can to help, CNIB seemed like a natural fit for me." Barbara Burton, of Halifax, who was born with vision loss.

Philanthropy is no big mystery to Barbara Burton of Halifax. "I guess I always felt that if one had the means, one should support people in need," she says simply.

CNIB seems a likely place for Barb's tremendous energy to have taken her. "Throughout the years, my parents had contact with CNIB," she says. She was aware of the organizations good work from a very young age.

For some people, "retirement" means taking it easy. For Barb Burton, her retirement from the paid workforce in 1994 seems to have just given her more time to volunteer. Her main involvement with CNIB was always

Client Services, but she has also taken a huge interest in fundraising, especially in the area of planned giving. She has named "three or four" charities in her will, and several years ago took out an insurance policy for her estate to ensure the planned giving takes place as she wishes it to.

One of her great interests has always been travelling. Barb travelled extensively, with family and as a member of a women's barbershop singing group. She has been to many countries, but even this seemingly relaxing passion led her to more charitable work. On one cruise, the ship stopped at Haiti.

"Haiti was such a devastating place to me," she says, obviously affected even years later. "Literally everybody was begging there. It kind of made me feel a little guilty, coming off that wonderful ship ... That was one trip

that made me want to kiss the ground when I got back to Canada. It was a reminder to be grateful for what I have."

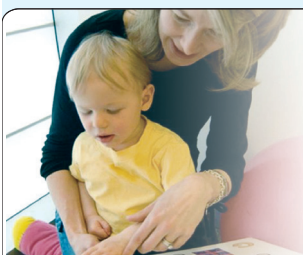
It also led her to become a donor to Amnesty International.

"I like to encourage people to think about others and do what they can to help," says Barb Burton. This is definitely a case of leading by example!

CNIB has been making a profound difference in the lives of Canadians with vision loss since 1918. Thanks to the generous support of individuals, corporations, government and other funders, CNIB continues its important work in the areas of rehabilitation services, research, blindness prevention and public education.



Barbara Burton of Halifax has been volunteering since 1994, with her main involvement with CNIB's Client Services.



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For more information, please contact Toni Croft at 1-800-563-2642 or Toni.Croft@cnib.ca • cnib.ca/securitiesgift

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Comment & Views

Comment

Hoping for harmony

Signs pointing to more peaceful Parliament

NationalReport



After five months of downtime, our palace of “dys-function” as the prime minister called it, reopens today. We recall Parliament was shut down — and an election held — because it got so unruly they were thinking of handing out construction helmets.

The farces piled up. Everything short of bills stipulating new doorknobs for the parliamentary restaurant was declared a vote of confidence. Mini matters, such as an MP viewing his barely-clad girlfriend on his laptop,

became the talk of scandal. The inmates can surely do better than this — and in this 40th parliament there is hope the discord can be turned to harmony. A global economic crisis tends to focus the mind beyond the flimsy.

We have a prime minister who seems less uptight than he was in his first confrontational term when it was like he was on a baby seal hunt. Stephen Harper met with the premiers last week, making peace around the table. He met with his party flock in Winnipeg and, sounding like he's becoming attuned to the Canadian mainstream, issued a warning against being ideological. He sat down with world leaders in Washington to gain a greater global perspective.

Prior to this, he appointed a new House leader, Jay Hill, who promises to be more accommodating than the last one. He has given his members permission to vote

“We have a prime minister who seems less uptight than he was in his first confrontational term when it was like he was on a baby seal hunt.”

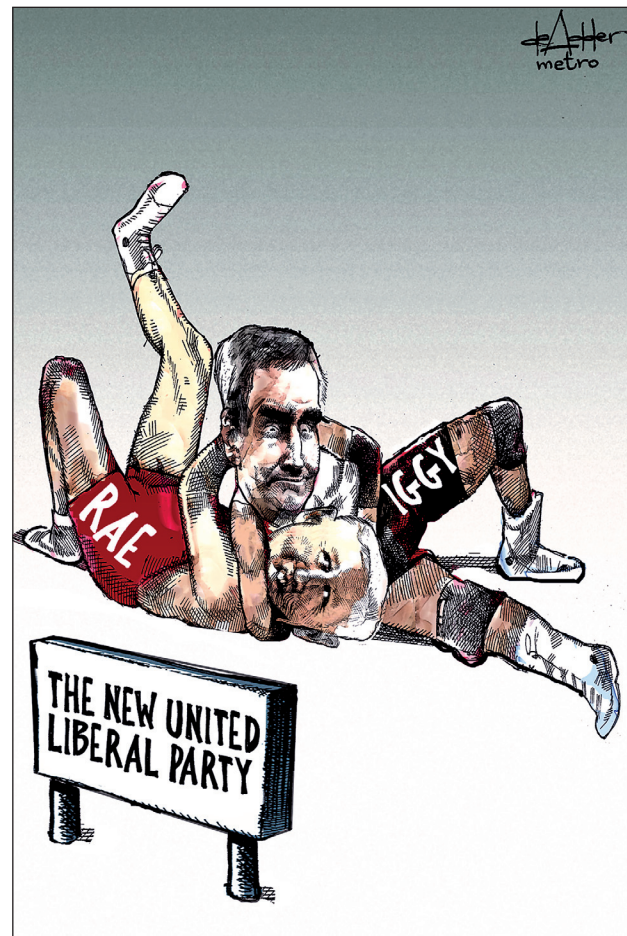
for a new Speaker — the vote is today — to try and replace the current one, Peter Milliken, who has been unable to control the chamber.

The Liberals are in the course of electing a new leader, meaning there should be no attempts to bring down the government for at least a year to come. The opposition parties will rant and rave about the government heading into deficit, but it's a red herring. There's nothing wrong with running a modest deficit, as Mr. Harper has stated, as long as it isn't for the long term.

The example of a new more mature government in the U.S. may spread here and elsewhere. There is a wide sense, given the looming global crisis, that co-operation should replace confrontation. In Washington it was a group of 20 leaders — Paul Martin's original idea — that met instead of the unrepresentative G8. In Afghanistan, the president is inviting the Taliban for peace talks, something our government should be encouraging.

After a first term in which he seemed to spend more time undermining democracy than adorning it, Stephen Harper appears to have moved beyond the point of petty squabbling. Other political leaders in Ottawa will hopefully show the same rational spirit. It's no time for the small stuff.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.



MICHAEL DE ADOR

Views

Privacy, security go hand in hand

By DR. ANN CAVOUKIAN, PhD

For more than a decade, I have been advancing the concept that technology has the ability not only to encroach upon privacy — but also to protect it. Since the 1990s, I have been advocating that we can eliminate the “zero-sum” game of sacrificing privacy in favour of security — but only if we address how to protect privacy while we are creating new security technologies.

In other words, we must opt for a “positive-sum” scenario wherein privacy and security can both co-exist. In doing so, we enlist technology to protect privacy and safeguard personal information through privacy-enhancing technologies, called PETs.

When applied to technologies of surveillance,

PETs can literally transform a security technology to one that is protective, rather than invasive, of

privacy — hence my term for them: transformative technologies. But this can only happen if privacy is built directly into the architecture of a technology, at the developmental stage. I call this “privacy by design” — embedding privacy into the design specifications of whatever technology is involved.

One example of this is the new Enhanced Drivers' Licences (EDLs) that at least four provinces are developing. Starting next summer, Canadians who are not car-



Dr. Ann Cavoukian

rying a passport must have an enhanced drivers' licence that meets U.S. standards in order to cross the U.S. border. B.C. already has a pilot project under way, and Ontario, Manitoba and Quebec will soon be launching EDL programs. A number of other provinces are considering this. These enhanced drivers' licences must include a radio frequency identification (RFID) tag in order to be accepted at the U.S. border. However, RFID tags are vulnerable to a number of security weaknesses that leave them open to eavesdropping, surveillance and identity theft.

That is why we must prevent the unauthorized disclosure of the information embedded in an RFID chip. Currently, the suggested method for allowing cardholders a measure of privacy is to pro-

vide them with an electronically opaque sleeve, called a Faraday Cage, which would block the transmission of information from the RFID. However, the truth is that most people won't remember to use the sleeve. In my view, the simplest and most elegant solution would be to add an “on/off” switch to the RFID chip. And this is becoming quite feasible. There are already several companies that have successfully developed and tested “on/off” switches for RFID chips.

We can achieve privacy without losing functionality, but only if we lead with privacy and embed it into the design and architecture of all new technologies — a true “win/win” for everyone.

Dr. Ann Cavoukian is the Information and Privacy Commissioner for the province of Ontario.

Letters

Tony Edwards, BEDFORD

Where was our premier with his bluster and his vetoes when the Utility and Review Board decided that all Nova Scotians could pay more for electricity from Nova Scotia Power?

Jason Setnyk, CORNWALL, ONT.

Terrorists have thrown acid in the face of freedom. I was horrified by the news that some school children, including young girls, were brutally assaulted and scarred for life. It is a stark reminder that the job in Afghanistan is not over.

Attacking these young girls might stop some Afghan parents from sending their children to school. But this assault has shown the world what these thugs stand for. It will only inspire the Afghan people and the troops in Afghanistan to continue fighting hard until the streets are safe, and women there are treated with respect and equality.

Ricardo Di Cecca, BURLINGTON

Re: Portrait of Contempt, Nov. 13

There is an under-reported reason as to why so few voted on Oct. 14.

The electorate had no viable political party to address today's moral issues. In reality, it remains near impossible to find a party that speaks cogently, eloquently and coherently about matters of penultimate values.

Consider the squandered parliamentary vote on the redefinition of marriage, the run-amok human rights commissions, the divisive naming of an abortionist to the Order of Canada and, most recently, the Harper government's initiative to squelch C-484 (unborn victims protection bill).

When debate is limited and/or avoided, it will always result in stay-at-home, disenfranchised voters.

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Somali pirates have captured a fully laden Saudi supertanker far off east Africa, seizing the biggest vessel ever hijacked with a cargo of oil worth over \$100 million in an attack that pushed world crude prices higher. **REUTERS**

World/Business

Virgin verdict overturned

A French appeals court yesterday overturned a ruling by a lower tribunal that annulled the marriage of a Muslim woman accused of lying about being a virgin.

The marriage was annulled earlier this year when a court held that the woman had lied over what is called in French law an "essential quality,"

Background

• The couple, a computer specialist in his 30s and a trainee nurse in her 20s, were married in 2006 in the northern French

city of Lille but the husband rejected his wife after discovering on the wedding night that she was not a virgin.

in this case her virginity. It ruled that the marriage contract was therefore invalid.

The case sparked out-

rage from both feminists and human rights activists shocked that a court could consider virginity an "essential quali-

ty." Some politicians also expressed concern that conservative Muslim values were creeping into French law.

Following the public uproar, the government ordered an appeal. The court ruled that virginity "is not an essential quality in that its absence has no repercussion on matrimonial life." **REUTERS**

Inauguration scalpers targeted

TICKETS People trying to sell tickets to Barack Obama's inauguration as the 44th president of the United States may face a fine of up to \$100,000 US or a year in prison, if a U.S. senator has her way.

Democratic Sen. Dianne Feinstein of California introduced a bill yesterday that she hopes Congress will pass this week, ahead of Obama's Jan. 20 inauguration. It proposes prohibiting the sale of inaugural tickets. **REUTERS**

News in brief

ACID Students are slowly returning to classes at a Kandahar City girls' school following an attack last week that left several girls with acid burns on their faces. The students were seriously burned after two men threw acid on them as they walked to the classes.

FAMILY A 4,600-year-old grave in Germany containing the remains of two adults and their children provides the earliest evidence that even prehistoric tribes attached importance to the family unit, researchers said yesterday. **METRO NEWS SERVICES**

Bolivia 144 million-year-old footprints found



Bolivian farmer Primo Rivera stands in an area called Tunasniyoj where he made a new discovery of dinosaur footprints near Icla on Nov. 16, 2008. This discovery is dated by Argentine paleontologists at 144 million years old, and contains some 300 footprints from two types of dinosaurs.

Cuban charged with insider trading

SEC Mark Cuban, owner of the Dallas Mavericks professional basketball team, was charged with insider trading in shares of Mamma.com Inc, an Internet search engine firm, the Securities and Exchange Commission said on yesterday.

Cuban, one of the five finalists to buy the Chicago

Cubs pro baseball team, the 400 richest Americans faces civil charges by acting on nonpublic information and selling his entire stake in Mamma.com to avoid more than \$750,000 US in losses, the SEC alleged.

Cuban, listed by Forbes magazine as one of



Cuban

Business

More layoffs, bailouts and recessions globally

Japan became the second major economy to fall into recession, joining European economies, and Citigroup said yesterday it would cut 52,000 jobs, or 15 per cent of its workforce, in one of history's largest layoffs.

In a bid to contain the economic fallout, the U.S. Senate debated a bailout of American car firms, Germany said it was ready to guarantee funds for General Motors Corp.'s Opel unit, and Japan's Toyota

came under ratings scrutiny.

Automakers have taken the brunt of the impact from a dramatic decline in consumer spending, triggered by a housing crash and worsened by rising unemployment.

After the G20 failed to come up with specific new measures to ease the world's financial strains this weekend, the IMF said it needed at least \$100 billion US in extra funding to fight the crisis. **REUTERS**

THE DAILY BUSINESS BUZZ

Biz leaders and premier meet:

Premier Rodney MacDonald met in Truro yesterday with the Nova Scotia Chambers of Commerce to share views and ideas on economic issues facing the province. The premier received the chambers' support for a commitment to a balanced budget and he updated the chambers on earlier meetings with the prime minister and other premiers.

Fisheries invests in seafood:

The Fisheries and Aquaculture Department will invest \$3.75 million in the seafood industry over the next three years to diversify markets and develop new products, improve productivity and product quality and to further food sustainability.

Get the full stories delivered to your inbox every morning by signing up for the Daily Business Buzz www.nsbj.ca

Petro-Can delays oilsands mine

ENERGY Petro-Canada said yesterday it will delay a final go-ahead for the mining portion of its planned \$21 billion Fort Hills project, looking to the weak economy and falling oil to lower overhead costs that have plagued rival oilsand ventures.

The company won't make a decision on proceeding with the mine until next year, as it expects costs to decline as oilsands projects fall by the wayside. **REUTERS**

In brief

CREDIT Export Development Canada, which ensures businesses, will stop taking requests from autoparts makers to insure against Chrysler receivables, signalling growing fears the automaker may go bankrupt. **REUTERS**

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business 7

Your Money

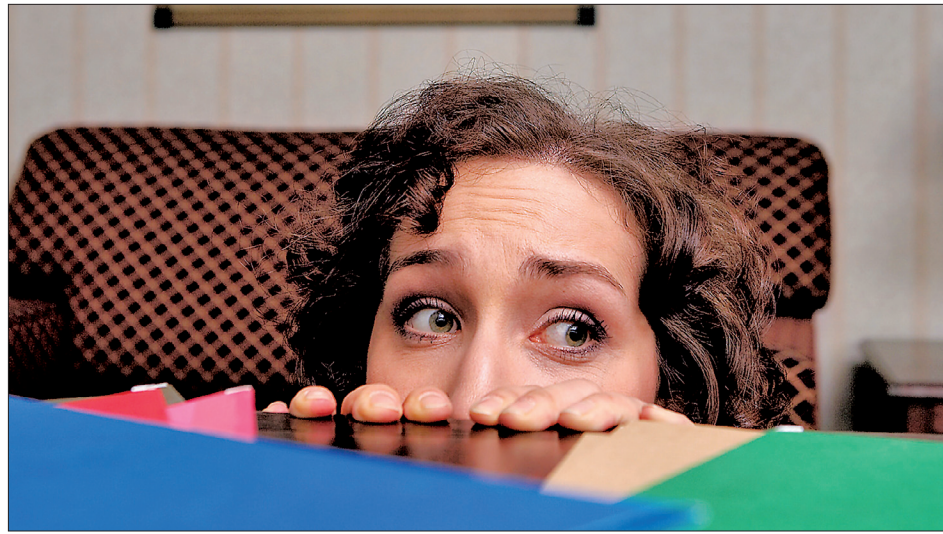
EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Rising from ashes



In recent months, the term “rock bottom” has been closely linked to speculation around our financial markets or even the recent drop in the prices of real estate; however, for the five of us, the expression has a more personal meaning. Fortunately, the outcome of our individual all-time lows turned out to be positive ones.

For Andrea, her financial rock bottom came in her late 20s, several years into her career in marketing. After getting a promotion, she had accumulated close to \$20,000 in consumer debt, the majority of which was spent on designer coffees, stylish jackets and dinners out with



Whether you are lying about money or just lying about the type of life you can afford to live, there are people who can sympathize.

friends. After racking up two credit cards, as well as her line of credit, she soon found herself dodging creditor's calls at work. But Andrea's all-time low came when she was asked to go on a work trip to Denver and to expense the flight and hotel on her credit card. Problem was

— she couldn't.

Katie, a thriving publicist, knew she was in trouble when she found herself anticipating her fiancé's time on the golf course. Why? Because his golf games translated into four uninterrupted hours of shopaholic spending. On many occasions, Katie

would rack up her credit card with hundreds of dollars in clothes and then scurry around hiding the tags to prevent her future husband from noticing her new purchases.

It was only when her fiancé stumbled across a \$300 price tag for Katie's 13th pair of designer jeans,

“Just like the anticipation of a weigh-in, there is nothing like knowing you will have to confess to your impulse purchases at this week's money group, to prevent you from overspending.”

that she realized she had a problem.

Whether you are lying about money or just lying about the type of life you can afford to live, we have been there. We came, we spent, we delved deep into debt and, for us, salvation finally came in the form of a money group. After finding each other, we made a pact to get out of debt and start living our richest lives; what we were never able to achieve financially as individuals, we were able to do with the support of one another. It wasn't easy. But if we were able to do it, so can you!

Forming a money group is the simplest way to commit to changing your spending patterns. Just like

the anticipation of a weigh-in, there is nothing like knowing you will have to confess to your impulse purchases at this week's money group, to prevent you from overspending.

Whether you know people who want to start a money group, or are looking to start one, smartcookies.com offers tools and resources to help you on your way. We may even know of groups in your area that you can join.

If you have a story about your money group or are looking for more money-saving tips, e-mail smartcookies@metronews.ca.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

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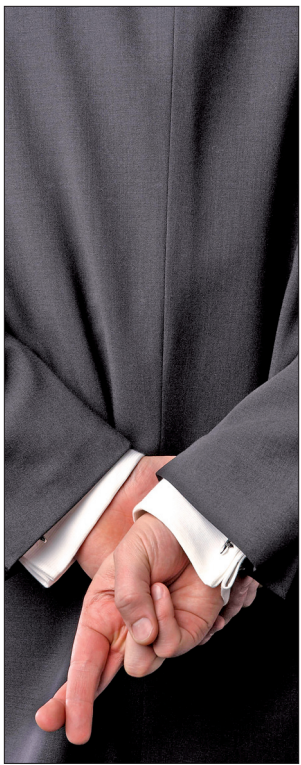
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Scam artists prey upon individuals in times of economic hardship — like now.

Scam sharks smell blood

Beware of deals that are too good to be true

MoneyMatters

Henry Choo Chong
choochonghcg@yahoo.ca

Q I am married with a beautiful six-month baby girl. Several months ago, my wife got laid off from her job. I earn a decent salary but it's very difficult with one income. She would like to start up a small business. We were offered start up capital at 2 per cent interest rate. The broker requires a 10 per cent deposit to secure the financing. Is this a good deal?

Sal

A Canadians should brace themselves for a slowing economy, with difficult times ahead for many businesses and individuals.

In difficult times, individuals should be more diligent. Scam artists prey upon individuals in times

It's never too early for these 2009 tax tips

Looking for tax relief? You are not alone — a recent poll by the Canadian Taxpayers Foundation found

that 65 per cent of Canadians say federal personal income tax rates are too high.

There are some simple steps to ease your tax bill: **Maximize your RRSP**
Invest some of your

salary or income in an RRSP, the government will give you a current deduction for that amount and

"If you receive a tax refund from Ottawa, I recommend socking those dollars away in a TFSA and start saving right away."

Dennis Tew, CFO

tax any income when it is withdrawn, rather than when it is earned. Your tax statement from last year will tell you the maximum amount you may contribute to your RRSP for the tax-year ending December 31.

Save for a rainy day with a Tax-Free Savings Account (TFSA)

Starting in 2009, you may contribute up to \$5,000 a year to the new Tax-Free Savings Account. Contributions to a TFSA are not tax deductible but the income or gains you earn in the account will be tax-free.

"The TFSA is a great means to supplement your long-term savings plan," said Dennis Tew, chief financial officer of Franklin Templeton Investments Corp. "If you receive a tax refund from Ottawa, I recommend socking those dollars away in a TFSA and start saving right away."

Take advantage of investment losses

Markets can be volatile. It may make sense to sell that money-losing investment, property or asset. The loss can then be used to offset any capital gains you may have incurred from better-performing securities or assets you may own. If net capital losses cannot be used in the current tax year, you may be able to carry them back to recover tax paid in prior years.

Check with the CRA or visit franklintempleton.ca for more tips. **NEWS CANADA**

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of economic hardship. They have no remorse and do whatever it takes to steal your hard-earned money. They use catchy lines like "Easy money", "No experience needed", "Lots of money for little work."

You already know the

old cliché: If it sounds too good to be true ...

It is illegal to ask for money upfront for a loan, prior to an agreement. Don't be too quick to write a cheque. There are many different fraudulent schemes and scams out there. Some are old, some

new, and others old with a new twist.

Regardless if the face is jolly with a red suit, watch out for some of these fraudulent schemes:

- Loan scams that ask for money in advance of an agreement or the loan
- Identity theft and credit

cards scams

- Billing scams that ask for payment, although no service was performed or goods sold
- Home-based business scams
- Pyramid and MLM schemes that require a fee for recruiting people, not

for selling products

- Charitable donations for computers, developing countries, etc., that offer tax refunds greater than your contributions.

Henry Choo Chong, CGA, provides professional accounting and taxation solutions: choochonghcg@yahoo.ca.

Investing

Allan Small

The week's column looks at the market's behaviour. Visit metronews.ca

What it costs

Diabetes resulted in \$884 million in direct health-care costs in 2000. Indirect costs in lost productivity and premature death added \$1.7 billion to the economy. **CANADIAN DIABETES ASSOCIATION**

Health



High price to pay

A person with diabetes incurs medical costs two to three times higher than a person without diabetes. A person with diabetes can face direct costs for medication and supplies ranging from \$1,000 to \$15,000 a year.

TORSTAR NEWS SERVICE

Diabetes on the rise

BRIAN TOWIE
Metro Canada



Diabetes isn't going away. It's getting worse.

Since World Diabetes Day passed last week — and November marks National Diabetes Month — medical professionals have been getting the word out on this disease, which afflicts more than two million people across the country and kills more than 40,000 Canadians every year. The numbers are only expected to go up, say experts, and depending on your lifestyle choices, you could be more at risk of contracting it than you think.

"Diabetes is increasing at a dramatic pace. It is estimated that about 8 per cent of the Canadian popu-

Pre-diabetes

- Pre-diabetes happens when glucose levels, before and after you eat, are elevated, but aren't high enough to be diagnosed as diabetes. It's becoming more common and it increases the chance of developing Type 2 diabetes and cardiovascular disease.

Many who fall into this category can delay, or even prevent, Type 2 diabetes with lifestyle changes such as diet, exercise and medication if necessary.

Type 1 vs Type 2

- **TYPE 1:** Type 1 diabetes is an autoimmune disease in which the body makes little or no insulin. It develops most often in children and young adults before age 30, although it can appear at any age. There is no known cause and no way to prevent it. The disease is not caused by consuming too much sugar.

- **TYPE 2:** Type 2 diabetes is the most commonly diagnosed form of the disease. With Type 2 diabetes, your body can't use the insulin it makes. It is associated with those age 40 or older, obesity, family history of dia-

betes, high blood pressure, abnormal cholesterol levels (such as if your HDL or "good" cholesterol levels are 35 or lower or the triglyceride level is 250 or higher), schizophrenia, polycystic ovary syndrome, acanthosis nigricans (darkened patches of skin), previous history of gestational diabetes, history of giving birth to a baby over nine pounds, physical inactivity and ethnicity (those of Aboriginal, Hispanic, Asian or African descent). Type 2, which develops more slowly than Type 1, is increasingly diagnosed in children and adolescents.

lation has diabetes — 90 per cent with Type 2 diabetes and 10 per cent with Type 1 diabetes," says Dr. Vincent Woo, chair of the clinical and scientific section at the Canadian Diabetes Association.

By the end of this decade, the number of Canadians who suffer from diabetes will reach three million, according to a Toronto Star report published recently. There are a number of reasons for the increase besides age. Certain ethnic groups — such as South Asian-, African- and Hispanic-Canadians and First Nations people — are at higher risk for the disease. Obesity and lack of

physical activity are also both contributing factors. More education on diabetes prevention is needed, adds Woo, because the disease's effects are so serious and lead to so many complications.

"Diabetes education is clearly needed to identify the problem early and to identify those at risk so that steps can be taken," he said. "Diabetes is the leading cause of blindness in working-aged adults, leading cause of end stage kidney failure, leading cause of non-traumatic amputation and individuals with diabetes have a two to four times higher rate of heart attacks. Heart attacks occur



You can reduce the risk of developing Type 2 diabetes by watching your diet and getting active.

10 to 12 years earlier, and have a worse outcome than those without diabetes."

Research is still being conducted on what causes Type 1 diabetes — experts believe genetic factors and exposure to viruses are involved. But scientists advise early detection is a key to managing Type 2 diabetes, and risk indicators include having high blood pressure and cholesterol, family history, being older than 40 years of age, and other conditions such as vascular diseases and polycystic ovary syndrome.

You can reduce the risk by watching your diet and getting more active. Less fat and more fibres, fruits

and vegetables are better choices, and exercise improves your health all around. Losing as much as 5 to 10 per cent of your body weight can also cut

your risk significantly, says a report by the Canadian Diabetes Association. Regular checkups to the doctor, dentist and eye care specialists will also help.

Gestational diabetes

- Weight gain and hormonal changes during pregnancy can induce gestational diabetes. In Canada, the number of women with this condition is higher than previously thought — especially in First Nations women, who are particularly at risk. Some of the consequences for the baby include as large-for-date babies, fetal distress

and birth trauma.

Doctors screen for gestational diabetes during pregnancy, usually in the first trimester. The Canadian Diabetes Association recommends one screening per trimester, even if results are negative after the first. If it is discovered, it is treated with a healthy lifestyle regimen and insulin if necessary.

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With a little planning, people who have diabetes can still enjoy flavourful meals, experts say.

Eat well without sacrificing taste

NOELLE MUNARETTO
for Metro Canada

Managing nutrition and maintaining a healthy diet while living with diabetes is easier than you think. And, you don't have to sacrifice your favourite foods in the process.

Sharon Zeiler, senior manager for nutrition initiatives and strategies at the Canadian Diabetes Association (CDA), says that people who have both Type 1 and Type 2 diabetes can still enjoy flavourful meals. She says

Buying seasonal fruits and vegetables and eating whole-grain products are great first steps for diabetics looking to reform their diet, says Sharon Zeiler, senior manager for nutrition initiatives at the Canadian Diabetes Association.

the key to eating healthy without compromising taste is organizing meals in advance.

"It takes a little bit of planning," says Zeiler. "But usually people find that when they do sit down and take that few minutes to plan, then it makes things much easier."

Planning meals ahead of time takes the stress out of day-to-day cooking, but Zeiler says it can also help diabetics eat regular meals and curb cravings.

Lisa Galvez, a clinical di-

"[Healthy eating] is about moderation, not deprivation."

Lisa Galvez

etician and diabetes educator, says she often meets recently diagnosed diabetics who are afraid of completely changing the way they eat.

"I'll have people and they're terrified," says Galvez. "I really try to reassure people that it's not about that."

Instead, Zeiler says living with diabetes is no longer about fearing sugar. She adds that practising portion control is the best way to let diabetics eat the foods they love.

"You can have diabetes and still incorporate your favourite foods into your diet while managing your blood sugars," said Galvez.

To ensure you're getting the right balance of nutrients, Galvez suggests dividing your plate into three parts. A quarter of the plate should have lean protein, another quarter should have a carbohydrate, and the other half should be crammed with fresh vegetables.

Zeiler says it's OK to have indulgent ingredients such as chocolate and butter in small amounts, as long as whatever else you are eating is on the healthy side.

Buying seasonal fruits and vegetables, cooking in non-stick pans without adding extra fats, enjoying whole grain products and using herbs and spices in your daily cooking are all great first steps for diabetics looking to reform their diet. Zeiler says that baking, barbecuing, or broiling meats so the fat drips off are some of the best ways to eat better without giving up flavour.

Both Zeiler and Galvez also encourage consulting diabetes cookbooks and CDA nutrition resources, as well as engaging in some sort of physical exercise.

"The important thing with healthy eating is that it is a lifestyle. We want people to continue with it," says Galvez. "It's about moderation, not deprivation."



Have you become a game widow because of your partner's obsession with online gaming, asks columnist Josey.

Don't become a gaming widow

The J Spot

Josey Vogels

Sex talk with Josey

The tragic death of Brandon Crisp has raised serious concerns about teens and online gaming. But parents aren't the only ones struggling. If you've heard the phrase, "Five more minutes, hon" one too many times from your beloved, you may have come to be known as a 'Game Widow.' And the consequences can be equally serious.

Game Widow author Wendy Kays

tells me about one couple in which the husband was a stay-at-home dad, except his obsessive online gaming habit left little time for parenting. Through the game he met a female avatar (your online character) and married her online, convinced he wasn't cheating because it was only a game. When his teenage son discovered this, his father told him not to tell mom, showering the boy with gifts and attention to keep him quiet. The son eventually attempted suicide.

With the explosion of MMORPG's (massively multi-player online role-playing games, like Second Life and World of Warcraft), the number of online gamers is growing, ergo, the number of Game Widows. Only about 10 to 20 per cent of those who play these games become obsessed, but considering that World of Warcraft alone has about 10 million players worldwide, based on population statistics, there are probably one million Game Wid-

ows for that one game alone. "And that's low balling it," says Kays.

How do you know if your partner has a problem? "It's hard to put a number on it. In fact, some people like that their partner spends so much time online because it frees them up to do what they want. I say that if you are emotionally involved with a game you've never played, you're a Game Widow," says Kays.

The biggest problem with these games is something Kays refers to as "the glue," that is, the aspect of these games that gets men and women players emotionally involved. "You have a unique persona and relationships with other people in a fantasy world you control, that may feel more fulfilling than your real life."

And having a partner constantly at you to stop often only succeeds in pushing them deeper into their feel-good world. Kays, a former Game Widow herself, suggests instead that you disengage with the person and the activity. "Don't bring them food or take care of their chores while they play, and stop apologizing or making excuses when they don't show up for family events or call in sick for work because they'd rather be gaming."

Then, map out a "game time" and "you time" calendar together. "When we did it, I stopped nagging because I knew my time was on the calendar," says Kays. "And he realized he wanted to play more than he had estimated, which was an eye opener for him. He realized gaming was running his life."

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.



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ADVERTISING FEATURE

Are Canadians seeing straight when it comes

Seventy-six percent of Canadians interviewed rate their ability to see as more important than their ability to walk (rated at 14%), to talk (6%), to hear (3%) and to have natural teeth (2%). Still, only 35% say they have their eyes checked at least once a year.

Most people have an intense fear of going blind. Unfortunately, this keeps some people from having their eyes checked, for fear of the eye doctor detecting anything wrong with their eyes. We'd like to dispel some of the myths surrounding our vision.

All refractive conditions such as myopia (nearsightedness), hyperopia (farsightedness) and astigmatism (irregular shape of the cornea, which can cause distortion of small details) are not eye diseases. These conditions simply require wearing glasses or contacts, which help the individual to see 20/20.

However, if an eye disease, such as cataracts (opacification of the lens of the eye) or glaucoma (one type being increased intraocular fluid pressure in the

eye) is detected, prompt treatment can prevent further damage to your sight. Interestingly, in the poll, most respondents have their vehicle (82%), general health (75%), furnace (41%) or computer (37%) checked once per year, while only 35% have their eyes checked.

For patients with diabetes, a full eye examination that includes dilation is recommended yearly. By dilating the patient's eyes, the optometrist gets a much clearer and comprehensive assessment of the retina, and is able to check for any diabetic retinopathy (leakage of the tiny blood vessels at the back of the eye). As well, diabetics are assessed for cataracts and glaucoma which can be more prevalent in the diabetic population.

The optometrist works in conjunction with family doctors, informing them of any relevant findings related to the diabetes in their patients. Most provincial health plans cover annual exams for diabetics.

Our vision is a precious gift and there are many ways we can protect it.

By seeing your eye doctor regularly, they can provide advice such as not smoking, wearing UV protected eye wear, eating green leafy vegetables or taking special vitamins for such conditions as age-related macular degeneration.

For further information on any eye disease or to have an eye examination, you can see Dr. Miriam Debly or any of her colleagues at the following Family Vision Clinic locations.

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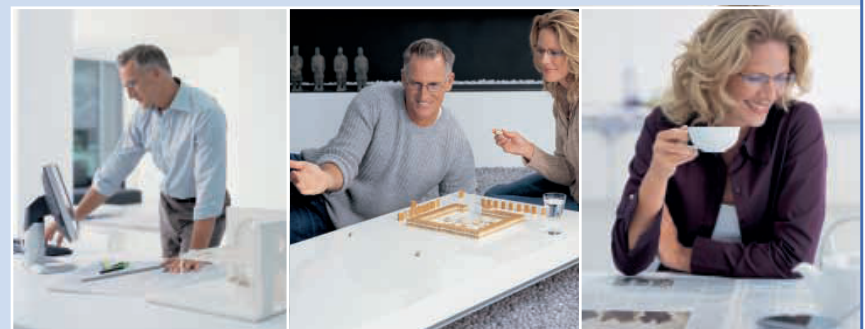
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By the numbers

More than two million Canadians have diabetes. This number is expected to rise to three million by the end of the decade. Globally, the number of people the World Health Organization estimated had diabetes in 2000 is more than 177 million. **TORSTAR NEWS SERVICE**

Winter skin savers

JANINE FALCON
for Metro Canada

Oh, this is so not skin's favourite time of year. That dry, tight, itchy feeling has already started, and winter's wrath has yet to hit. Time to step up with moisture-boosting options to hydrate and protect skin as unfriendly temperatures drop to just plain mean.

Face care

Switch to a creamy cleanser, or try a cleansing oil such as Derma-logica PreCleanse (\$48), which dissolves dirt and makeup then rinses cleanly away to leave skin supple and bright. Oily skin type? Follow up with face wash;

CARE by Stella McCartney Nourishing Night & Day Cream (\$97), right, and Green Beaver Après Ski Winter Lip Balm (\$3.50), above.



you'll still feel the difference.

Light, regular exfoliation is a must to banish flaky patches that hinder moisture absorption. Cargo blu_ray reuseable Polishing Cloths (\$15/20 cloths) once or twice per week are a gentle option even for sensitive skin.

Leave the lotion in favour of richer face fare. CARE by Stella McCartney Nourishing Night & Day Cream (\$97) for dry and very dry skin is an entirely natural protective formula with certified-organic active ingredients. If your skin is particularly fragile, you may need extra help. Vichy Laboratoires Aqualia Thermal Mineral Balm (\$34) has Omega 6 oils and soothing ther-



mal water to calm, strengthen and shield super-stressed skin. Lips need love, too — Green Beaver Après Ski Winter Lip Balm (\$3.50) is an all-natural salve with aloe and Vitamin E.

Body care

In the shower, ditch soap for moisturizing wash such as Olay Quench Body Wash (\$5.99) — or try L'Occitane Almond Shower Oil (\$24), which actually lathers up and leaves skin silky, not slick.

Again, exfoliated skin sucks up moisture better, so use a scrub every few days. Naturally

Benefit's Wonder Mitt (\$16), right, and Naturally Upper Canada Cranberry-Moro-Orange Coarse Salt Scrub (\$10), above.



From left: Olay Quench Body Wash (\$5.99); St. Ives Collagen Elastin Body Moisturizer (\$6.99); and Kiehl's Superbly Restorative Dry Oil (\$41).

Upper Canada Cranberry-Moro-Orange Coarse Salt Scrub (\$10) does the trick with a mood-boosting scent and without making your tub all slippery. Or try Benefit's handy Wonder Mitt (\$16) with your cleanser.

On still-damp skin, seal moisture in with an ultra-hydrating lotion such as St. Ives Collagen Elastin Body Moisturizer (\$6.99), a winter favourite, or Canus

Goat's Milk Body Butter with Olive Oil (\$9.99). Kiehl's Superbly Restorative Dry Oil (\$41) is another excellent option, especially when applied before lotion. And remember oft-neglected hands and nails. Try McBloom's Skin Therapy Extremely Rich Cream (\$7); it's a hospital-staff fave.

L'Occitane Almond Shower Oil (\$24), above left, and Vichy Laboratoires Aqualia Thermal Mineral Balm (\$34), left.

Did you know?

- About 80 per cent of diabetes sufferers will die as a result of heart disease or stroke.

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Gilmour to coach Frontenacs

Former NHL star Doug Gilmour left his post as assistant coach with the AHL's Toronto Marlies to take on head coaching duties with his hometown team, the OHL's Kingston Frontenacs. METRO NEWS SERVICES

Sports

SPORTS@METRONEWS.CA

Local outduels Luongo

Islanders 2 Canucks 1 (SO)

Frans Nielsen scored the lone goal in the shootout, and the New York Islanders edged the Vancouver Canucks 2-1.

Joey MacDonald of Bayview, Pictou Co., stopped 31-of-32 shots for the Isles, who won their third straight after a three-game losing streak. Doug Weight tallied the lone regulation score for New York.

Roberto Luongo, just recently removed from his amazing team-record shutout streak that topped 240 minutes, had 34 saves for the Canucks but let in Nielsen's score in the shootout. Pavol Demitra scored the only goal for Vancouver, which had won four of five entering play.

Demitra gave the Canucks the lead just 49 seconds into regulation. Daniel Sedin fed Demitra, who ripped the puck past MacDonald for



Former Mooseheads goalie and native of Bayview, Pictou Co., Joey MacDonald stopped all three shootout shots in the New York Islanders 2-1 victory over the Vancouver Canucks last night.

his third goal of the season.

In other action, it was:

BRUINS 3 MAPLE LEAFS 2 — Tim Thomas made 28 saves and withstood a late Toronto surge as the Boston Bruins edged the Maple Leafs 3-2 at Air Canada Cen-

tre.

RANGERS 2 SENATORS 1 (SO) — Nikolai Zherdev scored the lone shootout goal and the New York Rangers edged the slumping Ottawa Senators 2-1 at Madison Square Garden.

RED WINGS 4 OILERS 0 — Ty Conklin stopped all 21 shots he faced for his first shutout of the season, and the Detroit Red Wings blanked the Edmonton Oilers 4-0 at Joe Louis Arena.

METRO NEWS SERVICES

Garnett to sit one game for punch

NBA Boston Celtics forward Kevin Garnett has been suspended for one game without pay for throwing a punch at Milwaukee Bucks center Andrew Bogut.

In the Celtics' 102-97 overtime victory over Milwaukee on Saturday, Garnett reached out with his left arm and smacked Bogut in the forehead with 3:58 left in the fourth. Bogut had elbowed Garnett during a play under the basket, and both players received technical fouls in the altercation.

METRO NEWS SERVICES

Challenge Canada takes Game One



Olivier Roy makes a glove save in last night's opening game of the ADT Canada-Russia Challenge in Sydney. The Cape Breton Screaming Eagles' goalie was named player of the game with 18 saves, leading Team QMJHL to a 5-3 win over Russia. Halifax's Steven Anthony won all six faceoffs taken.

No favourites in Grey Cup contest

YorkReport

Marty York

marty.york@metronews.ca

The Alouettes lost only two of their 10 home games this season — one of those was a meaningless match in which their all-star quarterback did not play — and yet they are not favoured for Sunday's Grey Cup game in Montreal.

No, the oddsmakers decided yesterday to make the game between the Als and the visiting Calgary Stampeders a pick, meaning bettors will have to lay \$1.10 either way to win a dollar.

"If the game were being played at a neutral site, Calgary definitely would be favoured," Canadian handicapper Randall (The Handle) Steinberg, who is primarily responsible for establishing point spreads on CFL games, told me yesterday.

"The Stampeders come out of a much tougher division in the West and they didn't get to play the weaker Eastern teams as much as Montreal did. So, in reality, Calgary is the better team. But home-field advantage matters, and Montreal has that, so the game has to be a pick."

Actually, the Stamps were one of the only two teams to defeat the Als in Montreal this season — a 23-19 triumph back on July 19. The Als' only other loss in Montreal was on Oct. 26, when the Winnipeg Blue Bombers defeated them 24-23. That game was meaningless,

however, because the Als already had locked up first place in the East and decided to rest QB Anthony Calvillo. Calvillo's backup played instead and, well, let's just say Marcus Brady is no Tom Brady.

The Stamps also downed the Als 41-30 in Calgary in September.

"We know we can beat Montreal," Stampeders receiver Nik Lewis said. "But we have to be all business. Montreal is a party town but we can't let ourselves get caught up in all the atmosphere."

The Stamps also will need to play better than they did last Sunday, when they edged the B.C. Lions 22-18 in the Western final.

Other than linebacker Mike Labinjo, a Torontonians who recorded eight tackles and three sacks, no Calgary player was spectacular.

The Als, on the other hand, turned in a first-rate performance in their Eastern final victory over the Edmonton Eskimos. They weren't even penalized once all game.

So you might be inclined to pick Montreal over Calgary this Sunday. Not so fast, though. I'm taking Calgary, and I'll explain why later this week.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.



Montreal Alouettes quarterback Anthony Calvillo will look to lead his team to a Grey Cup win in front of a home crowd on Sunday.

SCOREBOARD

QMJHL

STANDINGS ATLANTIC DIVISION				
	W	L	OL	PTS
Moncton	18	2	2	38
Cape Breton	17	6	1	35
Saint John	15	9	1	32
Bathurst	10	11	4	26
P.E.I.	10	12	1	24
HALIFAX	7	17	1	15

YESTERDAY'S RESULTS
Drummondville 3 Victoriaville 1
Gatineau 5 P.E.I. 4 (SO)
Lewiston 5 Rimouski 2
Montreal 3 Moncton 2
Quebec 5 HALIFAX 0

THURSDAY'S GAME
Quebec at Drummondville

FRIDAY'S GAMES
HALIFAX at Cape Breton, 7 p.m.

Acadie-Bathurst at Moncton
Val-d'Or at P.E.I.
Rouyn-Noranda at Chicoutimi
Quebec at Montreal
Lewiston at Shawinigan
Rimouski at Victoriaville

SATURDAY'S GAMES
Rouyn-Noranda at Baie-Comeau
Rimouski at Chicoutimi
Quebec at Drummondville
Lewiston at Gatineau
Val-d'Or at Acadie-Bathurst
Moncton at Saint John

NHL

YESTERDAY'S RESULTS
Boston 3 Toronto 2
N.Y. Islanders 2 Vancouver 1 (SO)
N.Y. Rangers 2 Ottawa 1 (SO)
Detroit 4 Edmonton 0
San Jose 4 Nashville 1

TONIGHT'S GAMES

Minnesota at Pittsburgh
Montreal at Carolina
Edmonton at Columbus
Florida at Tampa Bay
Chicago at Phoenix
Colorado at Calgary

TOMORROW'S GAMES
Minnesota at Pittsburgh
Montreal at Carolina
Edmonton at Columbus
Florida at Tampa Bay
Chicago at Phoenix
Colorado at Calgary

CIS FOOTBALL

VANIER CUP
SATURDAY, NOV. 22
AT HAMILTON, ONT.
Western Ontario vs. Laval

CFL

GREY CUP CHAMPIONSHIP

SUNDAY, NOV. 23
AT MONTREAL
Calgary vs. Montreal

NBA

YESTERDAY'S RESULTS
Houston 100 Oklahoma City 89
Phoenix at Utah
San Antonio at L.A. Clippers

TONIGHT'S GAMES

Toronto at Orlando
Atlanta at Indiana
Miami at Washington
Dallas at Charlotte
New York at Boston
Cleveland at New Jersey
Sacramento at Memphis
Milwaukee at Denver
Chicago at L.A. Lakers
Portland at Golden State

NFL

YESTERDAY'S RESULTS
Cleveland at Buffalo

WEEK 12
THURSDAY'S GAME
Cincinnati at Pittsburgh

SUNDAY'S GAMES

N.Y. Jets at Tennessee
Tampa Bay at Detroit
Chicago at St. Louis
New England at Miami
San Francisco at Dallas
Buffalo at Kansas City
Houston at Cleveland
Philadelphia at Baltimore
Minnesota at Jacksonville
Oakland at Denver
Carolina at Atlanta
Washington at Seattle
N.Y. Giants at Arizona
Indianapolis at San Diego

MONDAY'S GAME
Green Bay at New Orleans

Sports in brief

BASEBALL The New York Yankees have sold the contract of pitcher Darrell Rasner to a team in Japan's Central League, according to a report by ESPN. The report states that the contract was sold to the Tohoku Rakuten Golden Eagles for \$1 million, and Rasner is expected to sign a two-year contract with the team.

BASEBALL The San Francisco Giants signed left-handed relief pitcher Jeremy Affeldt to a two-year contract yesterday. Financial terms of the deal were not disclosed. Affeldt went 1-1 with a 3.33 earned run average in a club-high 74 appearances for Cincinnati last season.

METRO NEWS SERVICES

Pair of Huskies leading blue-line scorers

Brothers Scott and Andrew Hotham of the Saint Mary's Huskies are the top two leading scorers among defencemen in Atlantic University Sport men's hockey. The two pair regularly on the power play and have combined for eight goals and 24 assists for 32 points in just 11 games. **METRO HALIFAX**

sports **17**

Huskies to reload with healthy Glavic

MATTHEW WUEST
matthew.wuest@metronews.ca

The Saint Mary's Huskies expect a hungry Erik Glavic to lead their charge to a Vanier Cup in 2009.

The 2007 Hec Crighton-winning quarterback sat out for all but one quarter this season with a knee injury, standing helpless on the sidelines during Sunday's Mitchell Bowl as the Huskies bowed out to the Western Ontario Mustangs.

Glavic blew out his anterior cruciate ligament in the 2007 Uteck Bowl and still hasn't recovered from surgery.

"His knee was playable after six months but not fully playable for 18 months," Huskies head coach Steve Sumarah said.

"So come next season, Erik will have a fully healed ACL and a fully recovered, 100 per cent, new knee."

"He'll be 100 per cent with a fire in his belly."

The good news in Glavic's injury is that the 6-foot-4 pivot didn't waste a year of eligibility, giving the Huskies the possibility of building around him for the next three years.

The Huskies will have a strong returning group of defensive players next season, losing only fifth-year veterans Al Birthwright, Ryan Benjamin and Tyrone Roue.

"The holes to fill will be reasonably minimal," Sumarah said.

Offensively, they'll lose all-star linemen Bryan Jordan and Thomas Elinesky, running back Allistair Blair, fullback Tyler Schus-



Erik Glavic is expected to be 100 per cent healthy for next season and will be counted on to lead the Huskies in their 2009 Vanier Cup charge.

ler and receivers Ryeon Warburton and Shawn White.

But to pick up the slack, the Huskies have a potential No. 1 tailback in Devon

Jones, another 500-yard rusher in Craig Leger, returning receiver Carl Hard-

wick, and Atlantic University Sport's rookie of the year Jahmeek Murray.

Murray, mostly a return man as a rookie, will likely be a go-to receiver next year with his big-play ability.

"We haven't had a guy with his skill-set in a long time," Sumarah said. "He's an explosive, electrifying player."

Sumarah hopes the Huskies' run to the Vanier Cup in 2007 and this year's Mitchell Bowl appearance will give him recruiting clout so he can finalize a national contending roster.

"We'll work hard this off-season to try and upgrade in certain areas," Sumarah said. "Every year is a different year, and we hope the guys come back hungry and focused."

Crookshank eyes championship title

MATTHEW WUEST
matthew.wuest@metronews.ca

BASKETBALL Eric Crookshank is dusting off his Rainmen jersey and can't wait to get back to Halifax to pull it on.

The high-flying 6-foot-8 forward re-signed with the Rainmen yesterday and is scheduled to suit up for the team for its January debut in the Premier Basketball League.

The signing ends weeks of speculation that the Rainmen's top scorer last season might move on, as he had a contract offer from the PBL's Vermont Frost Heaves, a tryout with the NBA D-League's Los Angeles Defenders, and interest from teams in Luxembourg, Germany and Finland.

"I'm sorry for keeping everybody waiting so long on this," Crookshank said. "I'm very happy. I didn't really want to go any-



Eric Crookshank re-signed with the Halifax Rainmen yesterday. He averaged 20.2 points and 12.2 rebounds a game last season.

where else because my work is not done yet in Halifax. I want to win a

championship there." Crookshank's addition gives the Rainmen a fan

favourite who will help them sell tickets. The 20.2 points and 12.2 rebounds he averaged last season won't hurt, either.

The Oakland, Calif., native is eager to hit the court with best friend Brian Silverhorn and new Rainmen signings Rob Saunders, David Bailey and Kevin Hammett, among others.

"Last year was difficult for me — I felt I had to do a lot every night to help us stay in games," Crookshank said. "But the players we have now are going to take a lot of pressure off."

The Rainmen have also signed 6-foot-11 centre Jason McGriff. Rainmen owner Andre Levingston called him a "mammoth rebounder and shot-blocker" who can finish.

The Rainmen still have two or three roster spots to fill. Levingston is hoping to ink a couple of shooting guards.

Riendeau named player of the week

QMJHL Yannick Riendeau of the Drummondville Voltigeurs was named the QMJHL's offensive player of the week yesterday. The 20-year-old forward had three goals and four assists in three Voltigeurs' victories. His 34 points in 19 games puts him sixth in the league scoring race. Blue-liner Simon Despres of the Saint John Sea Dogs earned the defensive nod, collecting a goal and five assists in three wins.

MATTHEW WUEST/METRO HALIFAX

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Harry Potter author J.K. Rowling hopes to make \$30 million US for orphaned children with the profits from her new book. The writer will hand the proceeds from The Tales Of Beedle The Bard to the Children's High Level Group, which provides support for parentless kids in Eastern Europe. IMDB.COM

Entertainment

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Model host

Jay Manuel will be back as host for the next season of Canada's Next Top Model on CTV. Auditions for contestants continue until Dec. 22. Information at model.ctv.ca.

TORSTAR NEWS SERVICE

Serena Ryder is doing OK

Singer-songwriter blends soulful vocals with folk, rock sounds

BRIAN COULTON
for Metro Canada

When Serena Ryder won the Juno Award for Best New Artist in April, many were left scratching their heads.

"They probably think I'm a lot more talented than I actually am!" Ryder says, laughing.

Surely, it was not in criticism of Ryder's deservedness of the accolade. But to them, her name was nothing new at all. She's just one member of a group of underrated Canadian female singer/songwriters, which also includes Emm Gryner, Damhnait Doyle and Esthero.

Ryder may have been active in the Canadian music industry for years before nabbing the Juno, but in collecting the honour, the 25-year-old found opportunity for self-renewal.

"That's kind of a global desire to have that newness in the world, to feel like you're starting over again and to have a fresh start," she says. "I think it's amazing that they believe I'm at the beginning of my career. That gives me the inspiration to go a lot further."

While the acknowledgement wasn't needed, it did reassure her that the industry was finally becoming more receptive of her.



Serena Ryder won the Juno for Best New Artist earlier this year. Her new CD, *Is It OK*, is now out.

"It's given me that feeling inside my belly that I feel like I have the support behind me," she says. "That's one of the most important things, as a human in this

world, to have that support and know your peers and family are all behind you."

That level of endorsement resulted in the emo-

tionally fitful soul bearing contained on *Is It OK*, Ryder's new studio album. With her indefinably strong but savoury vocals and guitar-led folk rock in-

"That pain is an important part of our lives. A lot of this record was me allowing that pain to come out and to be present in the process."

Serena Ryder

strumentation, Ryder says she was able to release the pain she was feeling, which she says is typically suppressed by most.

"That pain is an important part of our lives. A lot of this record was me allowing that pain to come out and to be present in the process."

Her lead single, *Little Bit of Red*, exemplifies that liberation. At the height of the song's chorus, Ryder sings, "Your black and white needs a little bit of red," reflecting on her frustration with constant human urge for self-definition in order to feel comfort.

"I like to think of the line as maybe even bleeding a little bit," she says. "The song is really about trying to fit yourself into those boxes and using those boxes as excuses for a lot of your fears. But humans are multi-faceted beings. There's never one thing that can define us."

Seal covers Soul classics on new disc

MUSIC A "collective consciousness" that led to the election of Barack Obama is what Seal

inspired Seal to record his latest single, a cover of Sam Cooke's *A Change Is Gonna Come*, and the other R&B covers on his new Soul album, Reuters reports.

"The initial inspiration came from what I perceived to be a collective consciousness of people," Seal told *Billboard*.

Seal recorded *A Change Is Gonna Come* with David Foster and filmed a video for the song "that we were just going to put out on the Internet ... And then David saw the video and said, 'Look, this is incredible. We can't stop here. You just have to keep going,' and so we did. Three weeks later, we had an album."

Dench wants to quit Bond films?

MOVIES Judi Dench reportedly wants to quit the Bond movies, but producer Barbara Broccoli refuses to let her go, imdb.com reports.

Dench joined the franchise at the spy's boss M in 1995's *Goldeneye* and became a hit with fans. But she often threatens to walk away from the role, until movie bosses convince her to stay. "She is the anchor of the film in terms of the character. She is the only authoritative figure in Bond's life," Broccoli, the daughter of original Bond producer Cubby Broccoli, tells *Comingsoon.net*.

Latest Bond rules global box office

MOVIES The latest James Bond thriller dominated the box office in much of the world during the weekend, boosted by a record opening in North America, Reuters reports.

Quantum of Solace sold \$70.4 million worth of tickets in its first three days of release across the United States and Canada.

The new film also earned \$56.1 million in 73 countries during the weekend, for a foreign total of \$251.6 million. **METRO NEWS SERVICES**

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Award for Caine

Actor Michael Caine was presented with a prize for Outstanding Contribution to Showbusiness at the Variety Club's 56th Annual Showbusiness Awards in London on Sunday. [IMDB.COM](#)



DVD picks



WALL-E

Director: **Andrew Stanton**
Rating: **G**

IN THE FIRST half-hour, when barely a recognizable human word is heard, and the camera moves restlessly over a devastated Earthly landscape circa 2700, you might think you're about to be schooled in an animated version of Al Gore's vision of the environmental apocalypse.

But you'd be wrong. Far from being a downer diatribe on our worst human follies, Pixar's latest gem is a love story. WALL-E (Waste Allocation Load Lifter Earth-class), the little robot who could, has been cleaning up the Earth for hundreds of years after the last human has left following a global disaster.

He cheerfully compacts trash into cubes before stacking them up.

Aside from his little cockroach friend, he's alone and often lonely.

That is, until a sleek white bot named EVE shows up to search for some extraterrestrial vegetation to evaluate.

WALL-E is a goggle-eyed rust-pot with treads for feet and a big thumping mechanical heart; he's R2-D2 and E.T. smashed into one irresistible mobile love machine. A delight for both children and adults alike.

Extras include deleted scenes, humorous shorts about the film's fantasy BnL corporation, a featurette about the history of Pixar and Presto, the superb animated short that preceded theatrical screenings.

Murder by Decree

Director: **Bob Clark**



Black Christmas

Director: **Bob Clark**

A LITTLE BIT OF Canada died along with Bob Clark last year, when an auto tragedy claimed the life of the filmmaker, 67, and his son Ariel, 22.

Always "Bob" and never "Robert," Clark was one of Canada's most successful moviemakers, although he was-

n't Canadian by birth. Born in New Orleans and reared in Florida, he came to Toronto in the early 1970s.

He made a splash with Black Christmas in 1974, the horror film often credited as the first of the slasher genre. He moved upscale in 1979 with the Sherlock Holmes thriller Murder by Decree, a film faithful to Sir Arthur Conan Doyle's refined vision. It starred Christopher Plummer and James Mason and won Clark the director's prize at the Genie Awards.

Both films are being newly reissued this week by Anchor Bay, the first time on DVD for Murder by Decree, and there are beaucoups extras. It's a chance to see both sides of the artful populist who also made Porky's and A Christmas Story.

TORSTAR NEWS SERVICE

WiiMusic wears thin quickly



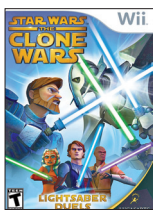
WiiMusic

Publisher: Nintendo
Rated: E
Score: 4/5

Much like Guitar Hero or other rhythm-based games, WiiMusic relies on keeping the beat. Choose over 60 instruments that require mimicking one of four dif-

GamePicks

ferent control schemes to play (horn, percussion, guitar and violin). No need to worry about hitting a wrong note: The Wii chooses them for you. But that's the problem: The strong autopilot gives you no real incentive to play — you're just waving the remote and nunchuck around in time to the downbeats. Add a shortlist of unlockable, tepid songs and the game wears out its welcome all too quickly.



Star Wars: The Clone Wars — Light Saber Duels

Publisher: Lucasart
Rated: T
Score: 4/5

You use your Wii remote as you would an actual

lightsaber, swinging and thrusting as you battle your way through the Clone Wars.

You've also got force attacks, the ability to throw objects at your opponent, and special combos depending on which character you use.

The action is heavy, but the violence is relatively light — making this one a perfect choice this Christmas for the boy, whether he's seven or 28 (and still living in your basement).

BRIAN TOWIE/
METRO CANADA

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Vince Vaughn

Reese Witherspoon

His father, her mother, his mother and her father all in one day.

FOUR CHRISTMASSES

November

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No purchase necessary. One entry per person. Contest open to Nova Scotia residents of legal age. Contest closes November 18 at midnight. Odds of winning depend on the number of entries received. Winners will be notified by email.

School won't always prepare us for life

HineSight

Anne Hines



I think I've learned a very important life lesson. No one can teach you what you really need to know. When my younger daughter, Becky, went to university this fall, her dad and I hoped she'd learn many useful things. Ideally, some of it would be in the classroom.

So far Becky has shared that she now knows mixing shooters with beer is a bad idea. And, if you leave a pizza unattended in the co-ed lounge while you go grab a Coke, you're going to have to learn to live with disappointment.

Becky has learned a few academic lessons as well. Unlike high school, she no longer leaves her classwork for the night before it's due. University libraries are open 24 hours. Now she leaves it until the morning it's due.

To be fair, I recall learning some less-than-useful things when I was in college. In a first year philosophy course, our main exam question was, "There is a chair in a room. If you leave the room, does the chair still exist?" We were asked to list what possible questions this concept poses. My answers included, "If you're not in the room, who cares if the chair is still there?" and, "Is the chair facing a television?" Needless to say, I did not

do particularly well on that test. I did get a marginally better grade than my classmate who asked, "Is there a matching otoman?"

These days I'm back at university studying to be a United Church minister. Once again, I've realized that what we learn in a classroom doesn't always prepare us for real life. What I've come to believe about religious texts is, if they leave you feeling you have all the answers, you're probably not asking yourself the right questions.

My school work assignment is being student pastor in an "end of life" care hospital.

The first day, I broke a light in the lounge, set off the medic alarm in five separate rooms and almost lost a patient down a ramp as I attempted to fix his wheelchair brake.

A nurse called me over as I was leaving. "These people are dying already, honey," she said gently.

"They don't need your help."

When it comes to Becky's life, or mine, perhaps no school can teach us what we really need to know.

So, how will we achieve the wisdom we need? By living.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

The Sisterhood of the Traveling Pants 2

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- Mark S. Allen, THE CW NETWORK/SACRAMENTO

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New Idol means new rumours

PROVING A NEGATIVE:

American Idol begins in a couple of months, which means it's time for the annual "Paula — nuts or toast?" rumours.

They've begun right on schedule, with a denial by her publicist (there's a job you'd take only if the alternative was incurable cancer) published in the Los Angeles Times in response to a rumour that apparently started with OK magazine before gaining traction on Perez Hilton's website.

Excuse me for a second while I ponder this dubious chain of information.

It's the sort of questionable authority that would make me doubt basic laws of physics should they confidentially report on rumours of gravity or photosynthesis in action.)

"It's absolutely untrue," said Abdul's publicists in response to the story that she was leaving the show, though a further rumour was offered up by a nameless source

IntelleVision

Rick McGinnis

rick.mcginis@metronews.ca

"It's a tactic somewhere up there with the fundraisers... telling you that the alma mater will cease to be if you don't write a cheque now."

that it was a ploy by Abdul to renegotiate her contract.

From where I'm sitting, it's a tactic somewhere up there with the fundraisers at your old school telling you that the alma mater will cease to be if you don't write a cheque now.

Another rumour proved untrue was the one that NBC had canceled Lipstick Jungle, which had prompted fans of the show to start sending the network — get ready for it — tubes of lipstick in protest.

Rick McGinnis writes about music, movies, books and television, but not opera.

McCartney says new Beatles track may be released, 41 years later

MUSIC

An unreleased, experimental track by The Beatles could be made public 41 years after it was recorded at London's Abbey Road studios, ex-member Paul McCartney has said.

McCartney, one of two surviving members of arguably the most successful pop band in history, told BBC Radio that Carnival of

Light was The Beatles "at their most free, going off piste."

"I said it would be great to put this on because it would show we were

working with really avant-garde stuff," McCartney said.

The 14-minute track was made for an electronic music festival, the only occasion the music was played in public.

"I said all I want you to do is just wander around all the stuff, bang it, shout, play it, it doesn't need to make any sense," McCartney told the program.

"Hit a drum then wander on to the piano, hit a few notes, just wander around. So that's what we did and then put a bit of an echo on it. It's very free."

REUTERS

Twilight vampire to get upcoming star treatment

MOVIES Twilight bad guy Cam Gigandet and Jena Malone are starring in the indie drama Five Star Day.

The film is a journey of self-discovery about a guy (Gigandet) who loses everything and must come to terms with what's most important in life. Malone

plays his girlfriend.

Will Yun Lee (Bionic Woman) co-stars as the smart best friend and voice of reason to Gigandet's character. The project comes from writer/director Danny Buday.

Gigandet plays a merciless vampire in Summit's romance Twilight. He also appears in The Unborn, David Goyer's horror thriller, and recently wrapped Pandorum with Dennis Quaid and Ben Foster. Malone was last seen in The Ruins and Into the Wild.

REUTERS

GlobalStyle

Kenya Hunt



Mainstream purchases can pack DIY punch, exclusively at metronews.ca/globalstyle

See complete online movie listings, trailers, reviews and purchase tickets at metronews.ca/movies



Classified signs with Sony Music

MUSIC Halifax hip-hop star Classified has signed on with Sony Music and will release an album with the record label in March. Classified (Luke Boyd), is currently touring around Canada and Europe with D-12, Royce Da 5'9", Obie Trice and Joe Budden. The East Coast MC and producer has 11 albums to his credit, including the 2005 release Boy-Cott-In the Industry. The single No Mistakes also won a Much Music Video Award for the Much Vibe Best Rap Video in 2006. Classified also has two Juno nominations to his credit in the category of Rap Recording of the Year.

METRO HALIFAX

In brief

CHILDREN The Doodlebops Together Forever Tour is coming to Halifax on Feb. 21 for performances at the Rebecca Cohn Auditorium at 1 p.m. and 4 p.m. Tickets for both shows go on sale Friday at noon and are \$30 in advance and \$35 day of show. Call 494-3820 or visit [artscentre.dal.ca](#).

AUDITIONS Female musical theatre performers between the ages of 20 and 40 are invited to audition for roles in Eastern Front Theatre's production of Canada's Songbird, a celebration of Anne Murray's music. Artists are requested to submit a resume and headshot to: Canada's Songbird Auditions, P.O. Box 11, Dartmouth, Nova Scotia, B2Y-3Y2. All submissions must be post-marked by Dec. 5. Canada's Songbird runs Feb. 18 to March 8.

METRO HALIFAX



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Channelling that old-country sound

Singer Norma MacDonald turned to the sounds from her childhood for her latest CD, The Forest for the Trees

PHILIP CROUCHER
[philip.croucher@metronews.ca](#)

She was raised on old country music and calls it the biggest influence to her music.

So it's surprising to hear Norma MacDonald talk about how she didn't actually enjoy listening to the musical style growing up in New Waterford, Cape Breton. It's something MacDonald even today can't help chuckling about.

"Not willingly," she said laughing. "It was just kind of always around (at my house). I wasn't a big fan of it as a kid, but when I started writing my own songs, it's funny that that's what turned out to be my biggest influence."

"The old country stars like Pasty Cline, Johnny Cash and Willie Nelson. I'd

be writing songs and that's what they'd be sounding like. It was a surprise to me too."

This old country sound is part of MacDonald's second album which she released last month. Titled The Forest for the Trees, the 10-track CD includes "a little bit of everything," from old-country folk to elements of pop and rock 'n' roll. It's the second album released by the singer-songwriter who now lives in Halifax. Her debut CD Nothing is Where it Was hit store shelves in 2005.

"The first one I didn't really know what I was doing ... That was the first time I was really recording an album of my own songs," said MacDonald, who is performing tomorrow night at Tribeca at 10 p.m.

"This time around I felt

"The old country stars like Pasty Cline, Johnny Cash and Willie Nelson. I'd be writing songs and that's what they'd be sounding like. It was a surprise to me too."

Norma MacDonald

a little bit more in control. I knew what I wanted. I knew what sounds I wanted from different songs."

MacDonald will perform several shows in the Maritimes this fall and next spring plans to tour in Ontario and throughout Western Canada.

Her CD is available locally at CD Plus in Halifax and on [cdbaby.com](#).

"I think the only real expectation is to just get more people to hear it and more people to like it," she said. "Ultimately, that's what anybody wants who records a record."



Norma MacDonald recently released her second CD.

critics' corner

Law & Order: Special Victims Unit

A bird in the purse is worth two in the shaving kit. Detective Stabler (Christopher Meloni) arrives on the scene of a young woman's murder to find the victim carrying a dead bird — a rare species — in her purse. Confusing things further, Dr. Warner (Tamara Tunie) discovers that the saliva found in the cuts on the victim's body shows she was mauled by a tiger. So Stabler goes under cover to gain access to an animal-smuggling ring. 8 PM on CJCH



Battlestar Galactica

It's good to let off a little steam, but enough to run several steam engines? In "Unfinished Business," Adama (Edward James Olmos) approves an informal boxing tournament where rank is ignored and anyone can challenge anyone. The past still is strong in the minds of Galactica crew and former New Caprica citizens. 6 PM on SPACE

The Biggest Loser: Families

It's a totally tubular week as the contestants participate in 1980s week, complete with '80s-style workouts, '80s-style workout wear and a special themed challenge. Meanwhile, two contestants who aren't speaking to each other cause friction in the house and with one team in particular. Then, like, "Oh, my God," a contestant is eliminated. 9 PM on NBC

HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
11/18/08	31	31	31	ABC	News (N)	ABC Wild News	Inside Edition	Chronicle	Dancing With the Stars	Dancing With the Stars	Eli Stone	
	7	7	7	ASN	The Road to Avonlea	Instant Star	TMZ (N)	Pushing Daisies (N)	(10:01) Fringe (N)	Eli Stone		
	11	11	11	CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	The Tudors	CBC News: The National	The Hour	
	2	2	2	CBC-F	Terre humaine	Pyramide (SC)	Virginie (SC)	La Factice	Providence (HDTV) (N) (SC)	Roxy (N) (SC)	Filantes	Le Téléjournal
	32	32	32	CBS	News (N)	Evening News	The Insider (N)	Entertainment	NCIS "Cloak" (HDTV) (N)	The Mentalist (HDTV) (N)	Without Trace	
	69	69	69	CFTM	TVA 18 heures	Le Cercle (SC)	Occupation	Vidéos	Histoires-filles	Caméra café	La Promesse (HDTV) (SC)	TVA 22 heures
	6	6	6	CHFH	Entertainment	ET Canada	90210 (HDTV) (N)	House "Emancipation"	Law & Order (HDTV) (N)	(10:01) Kitchen Nightmares	News (N)	
	9	9	9	CJCH	etalk	Hollywood	Law & Order: SVU	Podium TV	EastLink Television	(10:01) Fringe (N)	Fox First	
	10	10	10	ELTV	(6) EastLink Television			House "Emancipation"	The Biggest Loser: Families (N)	Law/Ord SVU		
	36	36	36	FOX	Deal-No Deal	The Simpsons	Two/Half Men	Two/Half Men	The Hour	CBC News: The National	My Brain	
primetime	12	12	12	NBC	News (N)	NBC News	Hollywood	Extra (N)				
	29	29	29	NW	World News	Business	CBC News	Newman				
	4	4	4	PBS-B	NewsHour With Jim Lehrer	Greater Boston	One on One	Nova "The Bible's Buried Secrets" (HDTV) (N) (DVS)				
	35	35	35	PBS-D	NewsHour With Jim Lehrer	Business Rpt.	Worldfocus	Nova "The Bible's Buried Secrets" (HDTV) (N) (DVS)				
news	68	68	68	TQS	(6:30) Le Retour (SC)	Beauté	Loft Story	Génération séduction	La Verité choc	110 pour cent		
	23	96	96	BNN	Business News	Headline	Market Call	Commodities	Workopolis TV	Business News	Squeeze Play	Market Call
	18	18	18	CNN	(5) The Situation Room	Lou Dobbs Tonight	Campbell Brown: No Bias	Larry King Live	Cooper 360			
	54	54	54	GOLF	The Turn	My World	Annika Swings	Road Trip (N)	Natalie Gulbis	Golf Central	Big Break X: Michigan	Big Break X
sports	52	52	52	RSE	Prime Time Sports	Air Racing	UFC: Access	World Combat League	The Ultimate Fighter	Score Tonight	Score Tonight	
	55	55	55	SCOR	Hockey Talk	Game On	NBA Basketball	Toronto Raptors at Orlando Magic. (Live)				
	45	45	45	SPD	Unique Whips	Off the Record	SportsCentre	Pinks	Pass Time	Low Life	Low Life	Super Bikes!
	53	53	53	TSN	NHL Hockey	Montreal Canadiens at Carolina Hurricanes. (HDTV) (Live)						
family	43	43	43	FAM	Zoeys 101	Life Derek	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek
	44	44	44	TOON	6teen	Total Drama	George-Jungle	Bugs Bunny & Tweety Show	Wayside	Johnny Test	Futurama	American Dad
	26	26	26	TREE	Max & Ruby	Backyardigans	Ni Hao, Kai-lan	Nght Grdn	Toot & Puddle	Franklin	Little Bear	Maggie-Beast
	27	27	27	YTV	Drake & Josh	iCarly	Malcolm-Mid.	Home Improve.	Malcolm-Mid.	Sabrina-Witch	Futurama	Prank Patrol
cable variety	16	16	16	A&E	Cold Case Files	(HDTV)	CSI: Miami "Big Brother"	The First 48 (HDTV)	The First 48 (HDTV)			
	70	70	70	APTN	News	106 & Park: BET's Top 10 Live	Wings-Canada	Great Towns	Wapos Bay (N)	Rez Rides	Fish Out of	Mixed Blessing
	50	50	50	BET	Street Legal	Desperate Housewives	Live at the Rehearsal Hall	Each Day	Bravo! Concert	Hope & Faith		
	37	37	37	BRVO	Chevy Cross Canada Countdown	Laughs	Comedy Now	Air Farce	Just for Laughs			
cable variety	49	49	49	COM	Killer Next Door	Ultimate Cars	Ultimate Cars	The Investigators	Cops Uncut	Dumb Criminal	Moment of Impact 2	Investigators
	153	153	153	COURT	Ultimate Cars	Ultimate Cars	Daily Planet (N)	How It's Made	How It's Made	Destroyed	Destroyed	Dirty Jobs
	38	38	38	DISC	Holmes on Homes	House Hunters	Property Virgin	Pure Design	Style	Sarah's House	Design Inc.	Colin-Justin
	34	48	48	HGTV	Outlaw Bikers	NCIS "Doppelganger"	Degrassi: Next	Instant Star	disBand	Technical Diff.	You Can Dance	Dance
cable variety	17	17	17	MM	Pimp My Ride	Technical Diff.	Where You At	Listed (Part 2 of 2)	Popaganda "Sellebrity"	I'm Not There *** (2007, Biography)	Angry Planet	Flying Doctor
	19	19	19	MMM	MusicalProfile	mmmtop10.com	(8:15) 'Til Lies Do Us Part (2007, Drama), Paula Trickey	Survivorman	The Mighty Ducks ** (1992, Comedy)	Emilio Estevez.	Unleashed	Unleashed
	201	201	201	M1	(6:30) They Wait (2007)	(8:15) Jaws 2 (1978)	24 Heures en 60 minutes	Grands reportages (SC)	Le Téléjournal (SC)	RDI en direct	The Shield	
	67	67	67	RDI	RDI en direct	RDI en direct	About a Girl	About a Girl	The Best Years (DVS)	Tor & Dean	Rabbit Fall (N)	
cable variety	39	39	39	SHOW	Matchmaker	Til Debt-Part	End of Leash	ET Canada	Star Trek: Next Gener.	UFC Unleashed	Unleashed	Unleashed
	40	40	40	SLICE	Stargate SG-1	CSI: NY "Stealing Home"	CSI: NY "Heroes"	CSI: Crime Scene	TMZ (N)	etalk	The Tonight Show-Jay Leno	Paris Hilton
	47	47	47	SPACE	Planet Soap	Big Screen	Beverly Hills, 90210	Toute une histoire	Pékin express: la route de l'Himalaya	Suisse	Champ. nature	Paradise Lost
	14	14	14	SPIKE	Doc "Blind Alley"	Mysterious Ways	Judging Amy	Will & Grace	Friends	Style by Jury	Style by Jury	Good Naked
cable variety	57	98	98	STAR	House	Style by Jury	Will & Grace	Friends	How to Look Good Naked	Style by Jury	Style by Jury	Good Naked
	21	21	21	TLC	What Not to Wear	Journal de Fr2	Murder, She Wrote	Commander In Chief	Quantum Leap	The West Wing	Encounters	
	56	34	34	TROP	Planet Soap	Big Screen	Beverly Hills, 90210	Toute une histoire	Pékin express: la route de l'Himalaya	Suisse	Champ. nature	Paradise Lost
	20	20	20	TV5	Doc "Blind Alley"	Mysterious Ways	Judging Amy	Will & Grace	Friends	Style by Jury	Style by Jury	Good Naked
cable variety	28	28	28	V	House	Style by Jury	Will & Grace	Friends	How to Look Good Naked	Style by Jury	Style by Jury	Good Naked
	60	97	97	VIVA	House	Style by Jury	Will & Grace	Friends	How to Look Good Naked	Style by Jury	Style by Jury	Good Naked
	22	22	22	W	House	Style by Jury	Will & Grace	Friends	How to Look Good Naked	Style by Jury	Style by Jury	Good Naked
	251	251	251	WGN	Be-Millionaire	Evening News	Two/Half Men	Family Guy	90210 (HDTV) (N)	Privileged (HDTV) (N)	WGN News	

Celebrity Buzz

Pam goes punk as Westwood model

MODELLING Former Baywatch beauty Pamela Anderson will replace her famous red swimsuit with more offbeat attire — she is to model for punk fashion designer Vivienne Westwood, imdb.com says.

The actress has reportedly signed a six-figure deal to be the face of British designer Westwood's spring/summer range next year.

A source tells Britain's Mail On Sunday newspaper, "Vivienne and a team of stylists and photographers jetted to Los Angeles last week to shoot Pammie in the new campaign."

"She met Vivienne at one of her parties last year and they hit it off. Vivienne loves the quirkiness of having Pam in one of her campaigns."

Westwood's outrageous designs became popular with Britain's punk rock bands in the 1970s.

METRO NEWS SERVICES

Straight Lindsay set to leave Sam?

RELATIONSHIPS Lindsay Lohan is reportedly set to split from girlfriend Samantha Ronson — because she has realized she is not gay, imdb.com reports.

The pair sparked gossip about the extent of their friendship when they were spotted kissing and cuddling in Cannes, France, earlier this year.

Now it is claimed Lohan is getting tired of Ron-

son's constant presence — and is starting to question her own sexuality.

A source tells British newspaper the News of the World, "Lindsay is on the brink because Sam won't leave her side. Whenever she does, Lindsay's on the phone telling her mates she's decided she's not a lesbian."

"Of course she still has feelings for Sam — but she also feels like she has to escape."

METRO NEWS SERVICES



Kidman superstitious about her marriage

RELATIONSHIPS Nicole Kidman is so determined to make her marriage to Keith Urban last, she "touches wood" every day for good luck, imdb.com reports.

The Oscar-winning actress wed the country singer in June 2006, and they had their first child together — daughter Sunday Rose — in July.

But the Moulin Rouge star insists she and her husband have to work hard at their marriage if it is going to last the distance.

Kidman tells USA Today newspaper, "We're both willing to move mountains to make it work and, with that, you still touch wood. You commit to it and say, 'Whatever we can do that's hu-

manly possible, we're going to do.' And that's it."

"I don't take any of it for granted. To have love again is a beautiful thing."

Kidman divorced first husband Tom Cruise in 2001. The pair has two children together; Isabella and Connor.

METRO NEWS SERVICES



Beckinsale won't keep it casual

RELATIONSHIPS Kate Beckinsale refuses to dress down as she believes it would ruin her marriage, femalefirst.co.uk reports.

The Pearl Harbor star hates going without make-up when she isn't working because she thinks her husband, director Len Wiseman, "would be a bit upset if I did."

"It's nice to feel like you're wooing the other person a bit, as once it degenerates into wearing yesterday's sweatpants and farting on the sofa, you lose a bit of the spice," she said.

"You've got to keep up the seduction phase — it's fun."

METRO NEWS SERVICES



Kiefer to move for N.Y. girlfriend

RELATIONSHIPS 24 star Kiefer Sutherland is planning to move to New York City from California, so he can be closer to his journalist girlfriend, Allure magazine style director Siobhan Bonnouvier, imdb.com reports.

And, he can't wait to live in New York: "There's a sexiness to the people here that's extraordinary."

Everybody's full of purpose. No one's just f—king around."

METRO NEWS SERVICES



Taylor hopes to become Dr. Swift

PLANS Teen star Taylor Swift has another career in mind if she tires of singing country music — she hasn't let go of her dreams of becoming a surgeon, femalefirst.co.uk reports.

The 18-year-old singer clings to hopes of a career in medicine, after being named her high school's best dissector in biology class.

METRO NEWS SERVICES



Willis' independent streak

CAREER Hollywood newcomer Rumer Willis refused to take any favours from her famous parents, so she could make it as an actress in her own right, imdb.com reports.

The daughter of divorced Hollywood power couple Bruce Willis and Demi Moore was determined to carve out her own career, without being accused of benefiting from her parents' connections.

And Willis is starting to make her own mark on the industry; she recently landed roles in The House

Bunny and forthcoming film Wild Cherry.

Dad Bruce says, "She sat us down and said, 'I know you two think you're big shots, but I don't want any help.' And she went off and got work on her own."

Although she now refuses help from her famous parents, Willis' Hollywood career was kick-started by appearances in their films, including Moore's Striptease, and with father Bruce in The Whole Nine Yards and Hostage.

METRO NEWS SERVICES



Is Ferrara 'special person' to Sigler?

DATING Former Sopranos star Jamie-Lynn Sigler has hinted rumours she is dating Entourage star Jerry Ferrara are true, imdb.com reports.

Sigler refuses to confirm they are dating, but says, "He is a special person."

But the star admits her pickiness makes it hard to date: "It takes a lot for me to even want to kiss someone. I have to have a connection and those are rare for me."

METRO NEWS SERVICES



Idol girlfriend calms Cook

RELATIONSHIPS Amid all the American Idol craziness, last year's champ David Cook finds peace and perspective with the help of girlfriend and former Idol contestant Kimberly Caldwell, People.com reports.

"She's a nice break from the chaos," he says.

Just don't ask if they like to do duets. "No, we don't," says Cook.

METRO NEWS SERVICES



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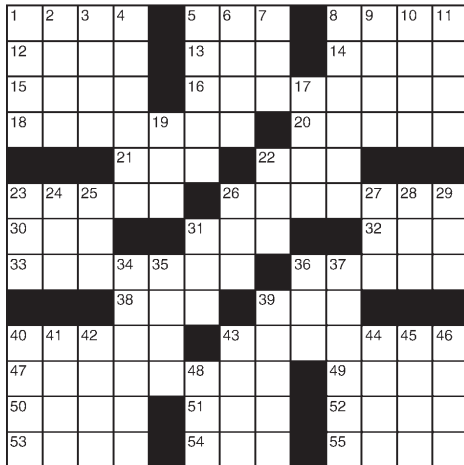
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M



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Take Five



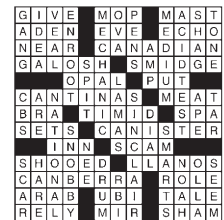
Crossword across

- 1 Easter entree
- 5 Old, in the dict.
- 8 Hooters
- 12 Curved molding
- 13 Bikini half
- 14 Bog matter
- 15 Gator's cousin
- 16 2008 Shia LaBeouf movie
- 18 "M*A*S*H" character
- 20 German painter Max
- 21 Golfer Ernie
- 22 Merit badge org.
- 23 Amulet
- 26 Marble type
- 30 Apply lightly
- 31 Carpet
- 32 Solemn promise
- 33 Sleep
- 36 Line
- 38 Census statistic
- 39 Chignon
- 40 In the group of
- 43 Marksman
- 47 Big name in frozen food
- 49 Summertime desserts
- 50 Otherwise
- 51 Pismire
- 52 Historic times
- 53 Apocalypse
- 54 In medias —
- 55 Foolproof

Crossword down

- 1 Ness or Lomond
- 2 Taj Mahal city
- 3 Cat call?
- 4 Ted Danson sitcom
- 5 Follows orders
- 6 Scottish hillside
- 7 Droop
- 8 Met shows
- 9 Alternative rock group
- 10 Potato chip brand
- 11 Undo a dele
- 17 For fear that
- 19 Shade provider
- 22 Satchel
- 23 LPs' successors
- 24 Scoffer's laugh
- 25 — Dhabhi
- 26 Poolroom stick
- 27 Previous night
- 28 Second person
- 29 Lamb's dam
- 31 "Catcher in the —"
- 34 Partnership, in a sense
- 35 Quiche maker's needs
- 36 Sine-non link
- 37 Briefs et al.
- 39 Borscht ingredients
- 40 Sleeping
- 41 Venus de —
- 42 Approximately
- 43 Unit of force
- 44 Beige
- 45 Cardinal quantity
- 46 Being, to Brutus
- 48 Corn spike

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



3	9	4	1	8	7	2	6	5
8	1	2	4	6	5	9	7	3
7	6	5	9	3	2	8	4	1
6	2	9	5	4	1	7	3	8
4	7	1	8	9	3	6	5	2
5	3	8	2	7	6	1	9	4
9	4	3	7	1	8	5	2	6
1	5	6	3	2	9	4	8	7
2	8	7	6	5	4	3	1	9

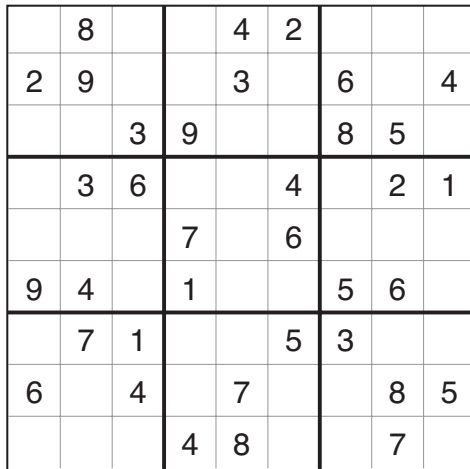
Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

- Under 13 minGenius
- 13-17 minScholar
- 17-21 minSmart
- 21-25 minNot bad
- 25+ minKeep practising

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



Metro Recipe of the Day



Chicken with Apricots and Cumin

INGREDIENTS:

- 2 tbsp (25 mL) sunflower oil
- 8 chicken thighs, about 1 lb (500 g) in total
- 1 onion, sliced
- 2 garlic cloves, chopped
- 1 tsp (10 mL) ground cumin
- 1 tsp (10 mL) ground cilantro
- 1 2/3 cups (400 mL) chicken stock
- 3 carrots, halved crosswise, then each half cut into 6 to 8 thick pieces
- 1 bulb fennel, halved lengthwise, then cut crosswise into slices
- 5 ripe but firm apricots, pitted and quartered
- Salt and fresh-ground black pepper
- Chopped fennel leaves from the bulb, or herb fennel

METHOD:

- Heat oil in a large Dutch oven over medium heat. Add chicken thighs and sauté until golden brown all over, 5 to 10 minutes. Remove from the pot. Add onion and garlic to Dutch oven and sauté until soft and golden, about 5 minutes.
- Stir in cumin and cilantro

and sauté 1 minute. Pour in stock, and return chicken to the Dutch oven together with carrots and fennel. Bring to a boil and stir well. Reduce heat, cover, and simmer until chicken is tender and juices run clear when the thickest part is pierced with a knife, about 30 minutes. Uncover and, if there is too much liquid, boil to reduce slightly.

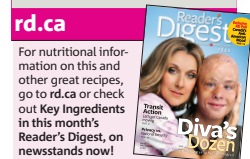
3. Add apricots to Dutch oven and stir gently to mix. Simmer over low heat 5 minutes longer.

4. Season to taste with salt and pepper, sprinkle with fennel leaves, and serve with rice or potatoes.

PER SERVING

360 calories, 24 g total fat, 6 g saturated fat, 12 g carbohydrate, 13.3 g fibre, 22 g protein

SERVES 4



Horoscopes

ARIES
MARCH 21-APRIL 20
You don't have to bear a point-less burden. Someone is found guilty of showing disrespect. Restrain your temper if alarmed by a loud noise.

LIBRA
SEPT 23-OCT 23
Everything will work out for the best. A persuasive person wins peoples' hearts. Someone begins a new chapter in their life.

TAURUS
APRIL 21-MAY 21
Tears will be in someone's eyes. A neighbour's woes will have a direct impact. A good connection is made with a gleeful person.

SCORPIO
OCT 24-NOV 22
Material goods become a divisive issue. What you see is what you get. The dictates of a good conscience will smooth a path.

GEMINI
MAY 22-JUNE 21
Take heed of a warning. Control your mind and be brave. Don't expect a distasteful man to understand anything.

SAGITTARIUS
NOV 23-DEC 21
Imagine the possibility of being free. Socialize with a fabulous man to change your status. It's up to you to fix a dire situation.

CANCER
JUNE 22-JULY 22
You're wiser than you feel. Tell the truth about a bad situation. People are pleasant for a good reason.

CAPRICORN
DEC 22-JAN 20
You'll be the most stable person in a group. A sympathetic approach helps a perplexed friend. Be sure to rest later.

LEO
JULY 23-AUG 23
Make decisions based on a lack of support. Existential loneliness is the upshot of the latest crisis. Shape the future with yesterday's hero.

AQUARIUS
JAN 21-FEB 18
Bad times won't last forever. Lower your expectations to find peace. Spend more time enjoying the company of friends.

VIRGO
AUG 24-SEPT 22
A brave man gives you pleasure. Your sense of judgment is impaired by misdirection. A blabbermouth's falsehood is discovered.

PISCES
FEB 19-MARCH 20
You'll find out what you really need. A coward will confess with shame. An isolated person takes pleasure in your efforts.

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